



**Action for
Stammering
Children**
changing lives forever



Trustees' Report and Financial Statements

For the Year Ended 31 March 2019



ASC Youth Panel

.....
Thank you to Action for Stammering Children for contributing to getting me to where I am. I am honoured to be an ambassador for the charity and will continue to raise awareness. I am determined to continue my work to contribute to creating a world where stammering doesn't hold you back.
.....

Phoebe Avbulimen
ASC Youth Panel Member

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Message from the Chair of Trustees

Once a year, as the Chair of Trustees for the Charity, it is my responsibility to decide on the cover photograph for our Annual Report. This year it couldn't have been easier. Phoebe Avbulimen sums up brilliantly what our charity is all about.

Phoebe developed a stammer around the age of eight years old. She was a very vibrant, chatty and happy child, but this began to change as the stammer took a grip. At secondary school it was at its worse. The stammer preoccupied her mind every day. Even the smallest speaking tasks, filled her with dread. A few hiccups at the start of her sentences became heavy blocks.

Feeling like she could not fluently express herself, she felt that her true personality was being hidden. It affected all aspects of life and was on her mind every day. It was like having a heavy burden she could not shrug off. She felt alone, isolated and held back by the speech impediment.

With support from our Charity, Phoebe's speech has improved with lots of hard work and commitment. She is also more accepting of the stammer and does not let it hold her back. Phoebe joined our Youth Panel and this has helped her to meet other young people who stammer and help raise awareness of stammering.

Like many of the families who have benefitted from the work of the Charity, Phoebe has shown great enthusiasm to giving something back to help benefit other children and young people who stammer. She represented our Charity brilliantly on the BBC Children in Need Rickshaw Challenge and you can find out more about her heroic efforts in this report.

You can also find out about how we have supported a record number of children and young people who stammer from across the UK, with a less than 1% increase in expenditure and an 18% reduction in income. You can read about our ongoing support for the Michael Palin Centre and the life changing therapy that they are able to provide as a result. You can read about our residential courses that are helping children and young people from across the UK who stammer, take on new challenges and build their confidence and resilience.

As a national UK charity, with the mission to ensure every child and young person across the UK who stammers has access the help and support that they need, ASC's reach has been far and wide.

We are particularly grateful to the 50 adults who stammer, who have signed up to become one of our founding "Stambassadors". This is a new and exciting project started in 2018 and enables successful professionals to become role models and inspire young people who stammer and has received extremely positive feedback. As a result, our videos have now had more than 21,000 views on YouTube. Stambassadors help young people who stammer and their families to realise that anything is possible and that having a stammer need not hold them back in their future careers.

There is a whole lot more to celebrate, including our contribution to ongoing research into stammering, funding a PhD, and our role as a leading voice in the stammering network. The most recent research indicates that up to 8% of children and young people will experience a stammer at some point as they are growing up. We are constantly looking out for new and innovative ways to help and support them all.

None of this of course would be possible without the generous support from the many trusts, companies and individuals who have given us grants and donations over the year. The fundraising environment was particularly

challenging this year, but we are immensely grateful to all our supporters, for everything that they do.

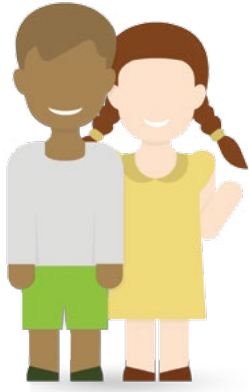
As we enter our 30th year we have had the opportunity to look back and reflect. I am very proud to be leading a charity that has now raised over £11 million and has supported thousands of children and young people who stammer and their families. During our anniversary year we will be making sure to thank all those who have helped us to achieve so much.

We will be thanking the small but dedicated staff team led last year by Phil Pyatt, and, from February 2019, Steven Gauge, and our hugely valued Trustees. We will be thanking Elaine Kelman and the hard-working and talented team of therapists at the Michael Palin Centre and the energetic team who lead our residential "Talking Out" courses. We continue to give heartfelt thanks to Life President and Co-Founder, Travers Reid and our incredible and committed Vice Presidents, Ed Balls and Colin Firth and the recently knighted, Sir Michael Palin. We are of course incredibly indebted and grateful to Vice President Jane Fraser and the Stuttering Foundation, whose continued generosity allows much of the life-changing work at the Michael Palin Centre to take place.

So please do enjoy reading our Annual Report and, if you would like to find out more about our work or help us to reach and support more of the 150,000 children and young people like Phoebe who stammer in the UK, please do get in touch.



Joanna Hunter OBE
Chair of Board of Trustees



5,914

increase by 1,142 from last year

2018-19

Children and young people supported by:



673	37	334
through the helpline	supported on the Talking Out residentials	through direct clinical support and other

487

therapists trained to support

4,870

children and young people

Plus

21,000+ views

In addition, children and young people, parents and therapists benefited from our Stambassador project.



150,000 children and young people across the UK have a stammer.	60% of people who stammer have a family member who does too.	Boys are more likely to stammer than girls – by a ratio of 4:1	For every £1 donated, 90p was spent on charitable activity.
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Annual Report of the Board of Trustees for The Year Ended 31 March 2019

The Trustees who are also directors of the Charity for the purposes of the Companies Act, present their Annual Report together with the financial statements of Action for Stammering Children (the Charity) for the year ended 31

March 2019. The Trustees confirm that the Annual Report and Financial Statements of the Charity comply with the current statutory requirements and the requirements of the Charity's governing document.

Purpose and Activities

The Charity's vision is a society where children and young people who stammer have the same opportunities and quality of life as their peers.

The Charity's mission is to ensure that every child and young person across the United Kingdom who stammers has access to effective services and support to help them meet the challenges created by their stammer.

To achieve its mission, the Charity undertakes activities and services across the following six key strategic goals:

1. To increase access to effective therapy services for children and young people across the UK who stammer.

2. To empower children and young people who stammer by giving them a voice within our organisation and in society.

3. To assist the parents of children and young people who stammer, so that they are better able to support their child.

4. To improve the ability of speech and language therapists to provide effective services to children and young people who stammer.

5. To promote research into the most effective treatment of stammering in children and young people.

6. To promote awareness of stammering and the impact it has on children and young people's lives, and to change public perceptions.

Our Impact in 2018/19

The summary below sets out the impact of the Charity in 2018/19 against its key objectives and performance indicators which are set at the beginning of each financial year, and monitors the difference the Charity has made to its beneficiaries, children and young people who stammer, and to the wider society using qualitative and quantitative measures. These are reviewed at each board meeting. The overall objective was to help over 5,000 children and young people and this year, through our new initiatives, we have reached more than 5,914. This was achieved by the following activities:

1. To increase access to effective therapy services for children and young people across the UK who stammer.

Assessments and therapy at the Michael Palin Centre

The Charity funds the provision of assessments and therapy by the Michael Palin Centre in London. This is delivered through a commissioning agreement with Whittington Health NHS.

For many children, young people and their families, receiving an early assessment and identifying the most appropriate form of therapy is key to managing their stammer and enabling them to fulfil their potential. Specialised assessments for children aged 2-18 years in the UK who stammer remain core to the work of the Charity, with 294 children and their families from across the UK benefitting from a specialist assessment for stammering at the Michael Palin Centre over the last year thanks to Action for Stammering Children funding. Following the assessment, children and their families were able to receive a tailored treatment programme delivered either by their local NHS Trust or at the Michael Palin Centre. In their feedback forms, parents have told us how much they appreciate the very thorough assessments that take place.

.....
“We are so grateful to have been allowed to attend the Michael Palin Centre, and to be able to speak to specialists who have a deep-rooted interest and knowledge, putting our minds at ease, and with a plan for the future.”
.....

.....
“Detailed and thorough exploration into speech and language difficulties with both patient and parents. Full and very detailed conclusions with recommendations, in a compassionate, interested and caring way.”
.....

Research conducted by the Charity this year has indicated that there is a post-code lottery in the delivery of support for children who stammer. For many children and young people who stammer, services are simply not available through the NHS. The Charity has continued to fund courses of therapy for children of all ages at the Michael Palin Centre, who had been unable to access treatment through the NHS. That support is highly valued by parents as one parent told us:

.....
“A year ago, our son H (then three years old) developed a strong stammer which we were very concerned about at the time as we have had a history of stammering in our family. Marie helped us to overcome our worries and - most importantly - helped us to find ways to support and encourage our son. H now speaks almost always fluently, and we couldn't be any happier with the therapy's outcome. We've experienced Marie as a very dedicated professional who clearly loves what she is doing. She cared deeply about H and us as a

family. She always had a smile on her face and her calm and nurturing personality made it easy for our son to want to work with her.”

The Charity supports places on intensive courses, followed by year-long on-going support for children and their families. This year the charity was able to fund six places for 10 to 14-year olds and a further six places for 15 to 18-year olds.

These courses involved activities looking at fluency techniques, confidence building, development of social communication skills and techniques to control the emotional aspects of stammering. Parents also attend the course along with their children under 15, understanding how they and their wider family can support their children as they go through this life-changing process. By being surrounded by other children who stammer, they are able to speak in a safe environment, enabling them to build their confidence to speak up in situations where before they had kept silent.

The Centre received the following plaudits from the mother and a grandmother of two young people who had completed their one-year programme:

“Having received speech therapy support locally, T was referred to the Michael Palin Centre and benefitted greatly from the summer session as well as the ongoing year-long support the MPC offers.

The Centre provides an invaluable service with each of the specialists T has been in touch with, showing such patience, dedication and caring support.”

“I must thank you all for all your help this year. It was amazing to see the change in F within such a short time of being with you. He has carried on being conversant in all he does and he is sticking to being a plumber. What you have done is changed his world and we are all very grateful to you all. He also passed his driving test first time and has a car, all this stems from your help so thank you.”

The Charity also supported 12 children to attend Circus Skills workshops. Through fun and challenging activities such as the flying trapeze, children and young people are able to face the fears of stammering by challenging what is comfortable and drawing powerful parallels with their therapy journey. They develop new techniques for dealing with challenging events and situations.

The Charity also supports a returners programme for young people who have either suffered a relapse in their stammer or were undertaking a particularly big event in their lives, whether that's starting college, university or their first job. This year six young people benefited from follow-up support.

Outcomes

The Michael Palin Centre measures the child's and parents experience of the assessment process and found that:

98% reported they better understood the stammer.

96% felt more confident about the future.

94% felt more hopeful that someone could help.

98% of parents reported that they felt less worried about their child's stammer.

100% of parents felt that they now knew what to do and felt more able to help their child.

Various outcome measures are used to monitor the effect of therapy on children's fluency, the impact of the stammer on them and their participation in their lives, as well as on the parents' knowledge and confidence about supporting their child. (Stuttering Severity Instrument IV; Overall Assessment of the Speaker's Experience of Stuttering; Palin Parent Rating Scales).



Talking Out Residential Course – North Yorkshire and North West

Our Talking Out residential courses have continued to develop over the last year, and we were able to run courses again for young people in North Yorkshire and from across the North West.

Young people who stammer often feel extremely isolated. Many have never met another young person with a stammer. The Talking Out residential allow participants to meet other young people who stammer, mixing challenging outdoor activities with speech and language therapy.

North West residential - thanks to BBC Children in Need

Action for Stammering Children in partnership with the North West Fluency Clinical Excellence Network for Stammering, ran a week-long residential for young people at Bewerley Park Outdoor Education Centre in North Yorkshire.

Involving 18 young people aged 12-15 who stammer from across the North West of England and the surrounding area, this week-long course involved a wide-range of activities such as abseiling combined with speech and language therapy. The parent of a young person who attended the residential commented:

.....
“It was fantastic for him. He loved it and it made massive difference to him. He made good friends with a boy called J. When we picked him up, I just felt he’d really grown and I don’t mean physically!”

Any opportunity for this again we would say yes yes yes!!

Thank you so much for this experience it was wonderful and amazing for us all. I can’t thank you enough.”
.....

North Yorkshire residential – thanks to the Sowerby Foundation

Action for Stammering Children in partnership with the Yorkshire Humber Clinical Network for Stammering, ran a week-long ‘Talking Out’ outdoor activity-based residential course during the October half-term also at Bewerley Park Outdoor Education Centre in North Yorkshire. 19 young people who stammer travelled from across the county and the surrounding area to attend.



One parent of a young person on the North Yorkshire residential told us about the impact the residential had had on their daughter and the whole family:

.....
“She finds meeting people hard, so the friendships she forms are actually life changing. She agreed to do a spoken presentation in front of her class... She has a definite experience to relate back to, where she did do many positive things, she can’t dispute her achievements. She remembers the experience of presenting to the group with such a supportive atmosphere and that gives her strength in other positive situations. Thank you for the residential. It’s been a life changing experience for the whole family.”
.....

Outcomes

Outcome measures for the courses, both qualitative and quantitative, were obtained from participants and their families before, during and at set periods following the residential. Results have shown the Residential project to be an effective intervention to help reduce negative reactions to teenagers who stammer, leading to improvements in self-confidence. Feedback also showed that being part of a group with other young people who stammer, sharing experiences and challenges, helped build confidence in communicating, and decreased sensitivity to stammering, thereby having a positive impact on situations both at home and in school.

2. To empower children and young people who stammer by giving them a voice within our organisation and in society



Our objectives for 2018-2019 were to develop the work of the ASC Youth Panel, recruit ASC Youth Ambassadors and roll out the Stamback in Time project, all have been achieved.

ASC Youth Panel

Our Youth Panel was formed back in 2015 to empower young people who stammer and give them the opportunity to have their say about the direction we go in as a charity. It is important for our support of children and young people that they have a voice within our organisation and society and our panel has been a major contribution to the work we do over the years. Now in its fourth year, the panel, made up of 15 young people aged between 15-25 from across the UK, continues to work hard to help us raise awareness of stammering around the country. They meet regularly in London to learn new skills and have their say on current projects and how we might drive them forward throughout the year. The Youth Panel met with the main Board in March 2019 to reflect on their year and discuss their ambitions for the project and for the Charity in general. The Trustees used the panel's feedback to inform our strategy going forward. We are extremely grateful for their input and benefit hugely from their perspective.

Stamback in Time

Stamback in Time is a two-year Heritage Lottery funded project with the Youth Panel that started in July 2018 working in partnership with the London Metropolitan Archives. The project will bring the history of stammering to life – the great figures of the past and present who stammered, the way in which society viewed stammering – to challenge societal misconceptions, today, and provide a fun, educational resource for children and young people in the form of fun online games and designated webpages culminating in a launch in May 2020.

Working with the ASC Youth Panel we are looking at the following figures:

- » Winston Churchill
- » Marilyn Monroe
- » Aneurin Bevan
- » Emily Blunt
- » King George VI
- » Ed Sheeran
- » Ed Balls



A special thank you goes to our corporate partners, Isobel, LRWTonic and the London Metropolitan Archives for their incredible support in helping to run the ASC Youth Panel.

Youth Ambassadors

With funding from John Lyon's Charity, we supported projects in 14 schools in two London boroughs, in which 15 young people took on a role of Youth Ambassador, influencing their schools and shaping their policies towards stammering.

3. To assist the parents of children and young people who stammer, so that they are better able to support their child

Our objective for the year was to fund the national helpline and to continue to grow our new website.

Stammering Helpline



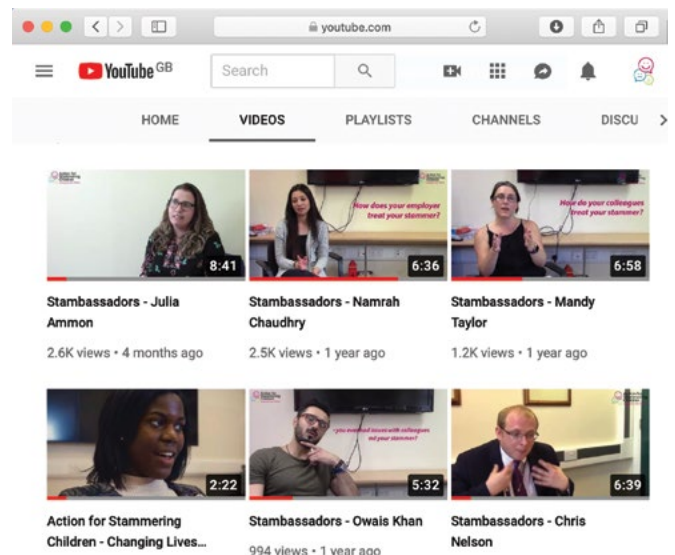
Action for Stammering Children continues to fund a national helpline, which is delivered by specialist speech and language therapists from the Michael Palin Centre. It is available five days a week, Mondays to Fridays, from 9am to 5pm. The helpline provides a first port of call to parents, teachers, therapists, GPs and other professionals

who need expert advice on how to respond to a child’s stammer. Demand remains high and a total of 673 calls were responded to during the year. Calls included parents needing advice whilst waiting for their child to be seen locally, concerned parents needing advice on whether their child’s stammer requires therapy, and therapists seeking advice on how to respond to a clinical issue.

.....
“The helpline is a ‘lifeline’ for therapists who work in isolation in the community setting. The support really makes the difference to the confidence of therapists and thus ensuring that children and carers nationally have a quality service in supporting them with children’s fluency”
.....

Website and Social Media

Our website remains a useful platform for sharing information about stammering with parents, therapists as well as children and young people. In total we increased page views by 453% and we will continue to ensure that the content is refreshed and updated over the coming months. The Stambassadors project has been particularly useful in boosting levels of social media engagement and we will continue to use the channels to promote our events and activities and raise awareness through the coming year. We are proud to report that in the short time since the programme’s launch, we have now achieved over 21,000 views of our videos on YouTube. Anecdotal evidence suggests that children and young people who stammer are finding our Stambassador videos particularly helpful. Speech therapists and Stambassadors themselves have fed back to us that their clients have found the videos reassuring and inspirational. Whilst we are not able at this stage to track who has viewed our on-line videos, we consider that it is reasonable to assume that each viewing will have a positive impact, either directly or indirectly, on at least one child or young person who stammers.



.....
“My son didn’t know what he wanted to be when he grew up as he thought his stammer would hold him back. But he now feels he can achieve anything after watching Capt Lang’s Stambassador video and wants to be an Army officer just like him”
.....

3. To assist the parents of children and young people who stammer, so that they are better able to support their child



William Laven – Digital Content Producer, Apprenticeship Scheme



Michael Joyes – PhD Student in Bioplastics at Bath University



Tom Wheeler – Fine Art Student at UCL

Our objectives for 2018-2019 were to develop the work of the ASC Youth Panel, recruit ASC Youth Ambassadors and roll out the Stamback in Time project. All have been achieved.

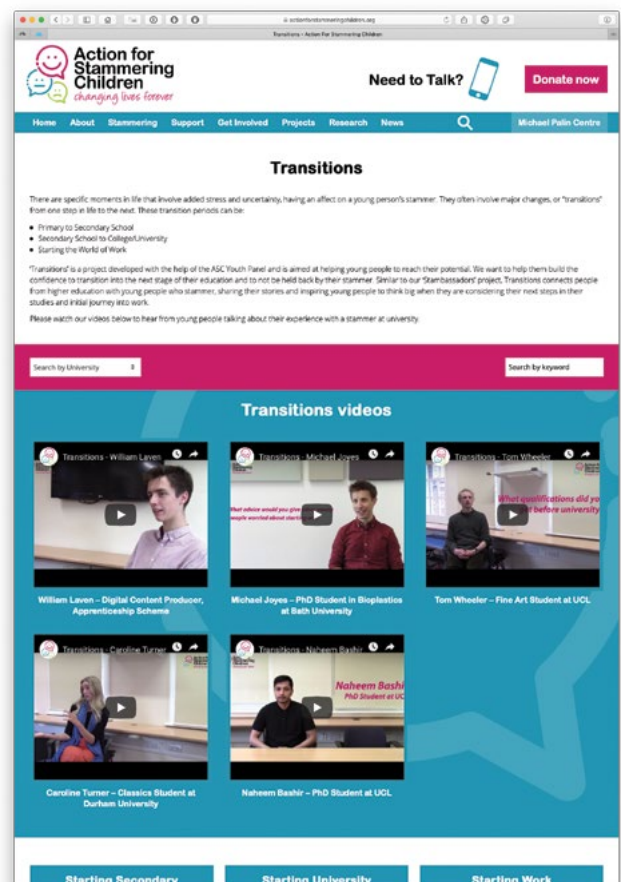
Transitions

There are specific moments in life that involve added stress and uncertainty, having an effect on a young person's stammer. They often involve major changes, or 'transitions' from one step in life to the next. These transition periods can be:

- » Primary to Secondary School
- » Secondary School to College/University
- » Starting the World of Work

'Transitions' was developed with the help of the ASC Youth Panel and is aimed at helping young people to reach their potential as they transition into university. The Transitions project aim to help young people build their confidence as they transition into the next stage of their education and to not be held back by their stammer. Transitions connects people from higher education with young people who stammer, sharing their stories and inspiring young people to think big when they are considering their next steps in their studies and initial journey into work.

As Transitions grows, we hope to feature people starting other important stages including secondary school, college and apprenticeships.



4. To improve the ability of speech and language therapists to provide effective services to children and young people who stammer



It is becoming more and more apparent to us that the provision of specialist speech and language therapy support to stammering children around the country is patchy to say the least.

One of the Charity's key goals is to reach more of the 150,000 children and young people across the UK who stammer and ensure that they receive the help that they need. To help achieve this, the Charity has continued to support the training of speech and language therapists in stammering through a range of training courses at the Michael Palin Centre and across the UK, our particular goal this year was to run courses in Scotland and Wales. This enables more professionals to help children and young people who stammer.

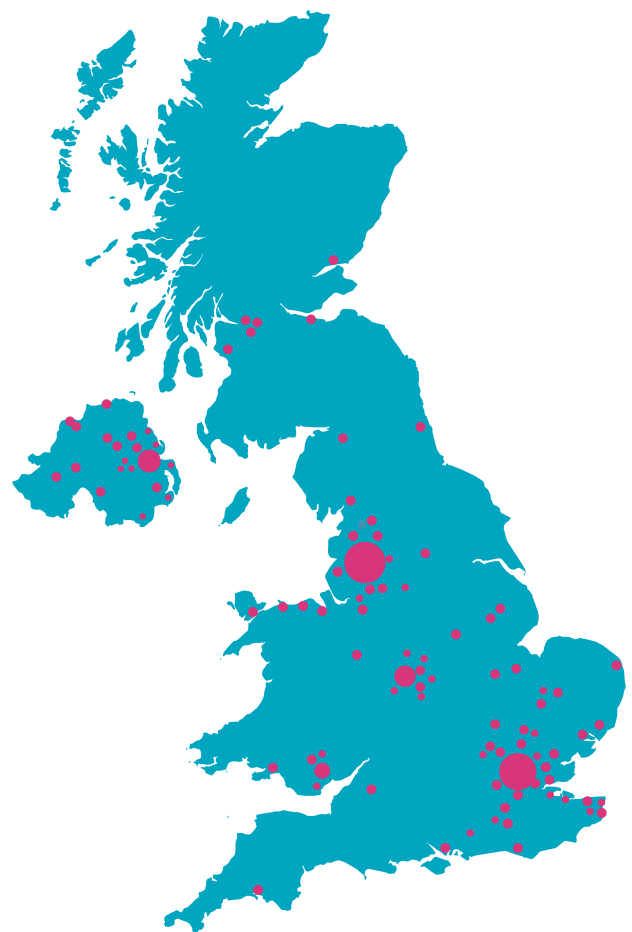
A total of 320 therapists undertook training with the Michael Palin Centre and a further 167 received training through a Charity-funded outreach training programme delivered by Michael Palin Centre therapists in Edinburgh, Cardiff, Belfast, St Helens and Worcestershire.

Research shows that each speech and language therapist will, as a result of our training, support at least 10 children and young people who stammer over the following year. We estimate therefore, that more than 4,870 children and young people will now be receiving locally-delivered, high quality therapy to help manage their stammer.

We believe that our training is changing the way speech and language therapy is delivered all around the country. One therapist told us:

.....
"I avoided stammering clients previously or would drag out the assessment process until I could seek advice from a colleague. I now feel more confident to carry out this approach."
.....

Working locations of speech and language therapists, trained by the Michael Palin Centre during 2018-19



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5. To promote research into effective treatment of stammering in children and young people



PhD Programme – Stammering and Mental Health

This year saw the launch of our PhD research project.



Ria Bernard

We are delighted to be supporting speech and language therapist, Ria Bernard as she undertakes a PhD study investigating the relationship between stammering and anxiety and depression in children.

This three-year research project supervised by University College London, will include a systematic review of existing literature, a national questionnaire and a comparative study of children who stammer, children with a language disorder and non-stammering children.

In addition to her PhD studies, Ria is also working for the Charity one day a week and has been undertaking a “Freedom of Information” research project to map the different levels of support available for children who stammer in different parts of the UK. We plan to publish the full results of this research later in 2019.

In 2018/2019 Action for Stammering Children continued to work in partnership with the Michael Palin Centre to support and promote research into effective treatment for stammering in children and young people.

Temperament

The Charity funded a Temperament study. The aim of this research is to explore the role of temperament in children who stammer, specifically the role of reactivity and regularity constructs and their relationship to the impact of stammering and levels of anxiety. This study has been developed collaboratively with the Michael Palin Centre and Dr Kurt Eggers at Thomas More University, Belgium. Data has been collected from 63 children and 113 parents. The findings of the study indicate a relationship between temperament and the impact of stammering. This study is being extended to include more children and to explore more closely the relationship between temperament, stammering and anxiety.

During the year, the Charity was also pleased to be able to support a number of research projects into different aspects of stammering and therapeutic approaches:

Effectiveness

The Michael Palin Centre has secured funding from the National Institute for Health Research for a feasibility study to refine the methods necessary for a large-scale trial into the effectiveness of Palin Stammering Therapy for School Children (Palin STSC). This has been developed in collaboration with City University of London and the University of East Anglia Clinical Trials Unit. Palin STSC is an integrated approach aimed at supporting children aged 8 to 14 and their parents. The study will begin in June 2019 and will be the main focus of research activity at MPC in the coming year.

Motor Skills

The Michael Palin Centre is also acting as a recruitment site for one study, being run by PhD student Fiona Hobler investigating the neurological underpinnings of stammering motor learning skills in children who stammer.

Publications:

Members of the team at the Michael Palin Centre have been authors of the following papers, published in the October 2018 edition of the American Journal of Speech and Language Pathology:

- » Berquez, A. & Kelman, E. Methods in Stuttering Therapy for Desensitising Parents of Children who Stutter.
- » Caughter, S. & Crofts, V. Nurturing a resilient mindset in school-age children who stutter.
- » Cooke, K. & Millard, S.K. The most important therapy outcomes for children who stutter: An exploratory study.
- » Harley, J. The role of attention in therapy for children and adolescents who stutter: cognitive-behaviour therapy and mindfulness-based interventions.
- » Millard, S.K., Zebrowski, P., & Kelman, E. Palin Parent-Child Interaction Therapy: The bigger picture.

Travers Reid Award – Naheem Bashir

The Travers Reid Award, established by the Charity and named after its Co-Founder to encourage research into stammering, was awarded to Naheem Bashir, a PhD student for his use of Transcranial



Direct Current Stimulation (tDCS) as an adjunct to therapy. Naheem's thesis demonstrated that tDCS is a promising aide for improving speech production processes in people who stammer and typical speakers and to use with challenging tasks and interventions. The award, along with a cheque for £300, was presented to Naheem on the 19th December 2018 at the Michael Palin Centre by Travers Reid.

6. To promote awareness of stammering and the impact it has on children and young people’s lives, and to change public perceptions

The aim for the year was to roll-out the Stambassadors initiative and look at innovative ways of raising awareness and reaching more children.

The Charity continues to play a leading role in promoting awareness of stammering and the impact it has on children and young people – whether that’s online through our website www.actionforstammeringchildren.org, through our social media channels or through our monthly e-newsletter.

Stambassadors

It’s not difficult to find successful people in all walks of life who stammer from Marilyn Monroe, to King George VI, Ex-Vice President Joe Biden, Ed Sheeran, the actor Emily Blunt and former Shadow Chancellor Ed Balls. As a Charity we meet people from all backgrounds who stammer from Chief Executives to apprentices every day.

Stambassadors launched in April 2018 and connects people from the world of work who stammer with young people who stammer, sharing their stories and inspiring young people to think big when they are considering their career choices. So far nearly 50 videos have been filmed with people from sectors ranging from politics to healthcare and journalism to the wine trade. These videos have had very positive feedback from children and young people, parents and therapists who have used them in their training sessions.

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“One of the young people who attended our summer intensive course has now gone off to university. He had many strengths both socially and academically but felt his stammering was holding him back and was anxious about his experience at university. When I spoke to him on the telephone he said that the Stambassador videos had given him the courage he needed to look forward to his university experience and as a result had enjoyed a positive first term at his chosen university. He said the videos had shown him that others had gone through the same experience, had enjoyed university and got successful jobs and he knew that he would be okay as a result. He said this had been a really powerful message at the right time.”

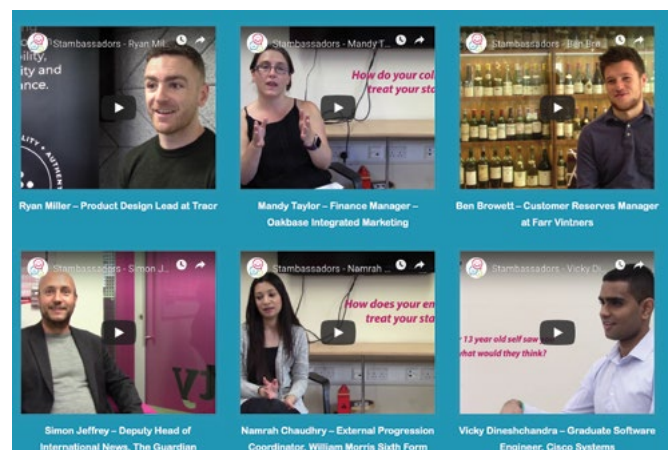
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“I watched two Stambassador videos with a 10 year-old client that has been experiencing a tough time at school with friendships because of his stammering. He chose to watch a video related to a career he is interested in out of the large selection. He said he was taking away the message that he should not let stammering hold him back and that as people get older they are less bothered about stammering and mention it less. This seemed enough today to make the future look a little brighter for him in what has been a rather difficult few months.”

.....

Vicky Croft – Speech and Language Therapist



Children in Need – Rickshaw Challenge



Phoebe Avbulimen, one of our Youth Panel members, was selected by the BBC’s The One Show to take part in the Children in Need Rickshaw Challenge. Children in Need is a valued supporter of Action for Stammering Children and it funds one of our Talking Out residential courses.

Leicester University medical student Phoebe was joined by five other young people, each taking it in turns to ride a rickshaw on an eight day, 423-mile journey from Calais to Salford in time for the BBC Children in Need Appeal Show on the 16th of November 2018.

Phoebe showed immense courage and determination along the way, fighting her way through torrential rain and some gruelling hills. She gave a moving speech during an “X Factor” segment of the live broadcast where she spoke about her experience with a stammer in front of a huge audience. Phoebe said:

.....
“I am really happy to have been able to take part in this experience. The X factor speech was so empowering. Before joining the Charity, it would have been impossible. Since joining, I have grown so much in confidence as an individual and in my speech.”
.....

Stammering network

ASC continued to play a key role in chairing the Stammering Network, a network of 7 organisations from the stammering community, with the aim of raising awareness of stammering.

Fundraising



We are so grateful for the fantastic fundraising efforts of our supporters including former Michael Palin Centre student Michael Derrig-Adams who worked with Kung-Fu Schools in the South East and raised over £13,000 by sponsored board breaks.

My Stammer – ISAD Art Project

To bring people together this year for International Stammering Awareness Day (ISAD) 2018, the concept of ‘My Stammer’ arose in partnership with the – South East & London Stammering Clinical Excellence Network group to encourage children and young people to help create awareness of stammering through an art project. My Stammer encouraged children and young people to draw, paint, photograph, make a film or model, or anything else of their choice that creatively helped to raise awareness and understanding of stammering. An exhibition was held at the London Metropolitan Archives to display some of the work of the participating children and young people.

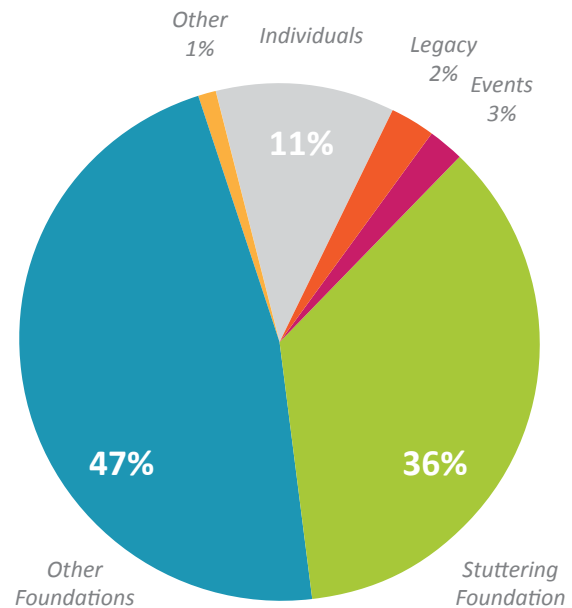
Financial Review

Income

Total income for the year to 31 March 2019 amounted to £517,653 compared to £638,008 in the year to 31 March 2018.

In 2019 we have benefited from a new multi-year grant from the Heritage Lottery Fund (£10,150) and the Woodroffe Benton Foundation (£16,667), continued support from the John Lyons Foundation (£30,000), the Garfield Weston Foundation (£50,000), Children in Need (£22,601), the Peter Sowerby Foundation (£13,900) and ongoing support from the Stuttering Foundation (\$250,000).

In addition, we received support of more than £5,000 from the following grant making bodies: The Harrison-Frank Family Foundation (£5,000), The Newby Trust (£5,000), the Leathersellers' Company Charitable Fund (£15,000) and the Woodroffe Benton Foundation (£5,000).

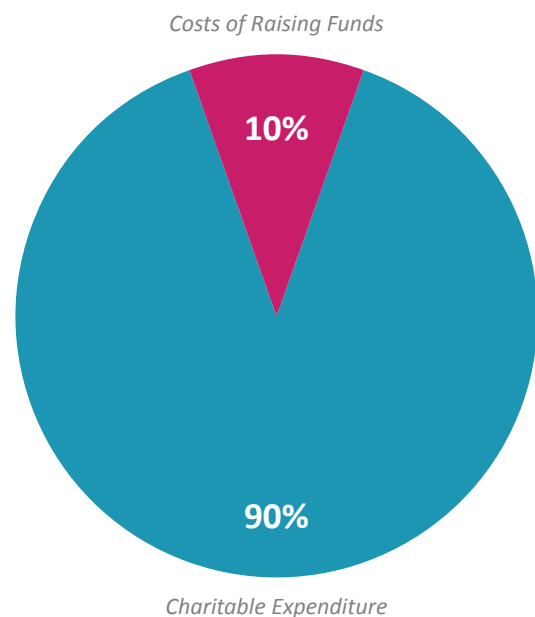


Everything we did in 2018-19 was only possible because of the generosity and commitment of our supporters. Some prefer to remain anonymous, but we are extremely grateful to them all.

Expenditure

Expenditure of £583,249 (2018: £580,016) was spent on charitable activity during the year, a less than 1% increase over last year, which was very satisfactory in light of the increased activity.

Of this, approximately £390,000 was used to enable the delivery of charitable activity at the Michael Palin Centre and the remainder to fund other activities including: two "Talking Out" residential courses for teenagers, a PhD research project and the Youth Panel "Stamback in Time" project.





The team at the Michael Palin Centre

Reserves

Total unrestricted reserves, shown in note 15 of £939,564 includes designated illiquid funds of £597,282 which comprises freehold property and the net book value of fixed assets. The remainder of £342,282 comprises unrestricted free reserves and represents approximately six months expenditure, in line with current policy.

Reserves policy and going concern

The Trustees have considered the desired level of unrestricted funds not designated for specific purpose or otherwise committed (free reserves). Given the nature of the Charity's work, we have determined that the level of free reserves should be equivalent to six to nine months of annual expenditure. In our judgement, this provides sufficient flexibility to cover any temporary shortfalls in incoming resources and ensures that the Charity is able to continue its work, and also able to respond immediately to a reasonable range of unforeseen adverse circumstances, before remedial plans can be implemented.

Investment powers and policy

The Board of Trustees' policy is to invest in low risk, liquid investments. Accordingly, Action for Stammering Children invests its funds in cash deposits.

Looking Ahead to 2019/20

The coming year will be very important for Action for Stammering Children as we will be celebrating our 30th year. We will be looking to take the opportunity to raise as much money as possible to enable us to reach and support more of the 150,000 children and young people across the UK who have a persistent stammer. Our partnership with the Michael Palin Centre still remains at the heart of the Charity, and we will continue to commission activities and initiatives that reach more children and young people who need specialist help and advice in parts of the country, where it is not available through the NHS.

As a charity we have six key goals. This year, we will monitor our progress towards achieving these with a set of key performance indicators. Overall, we will aim to help over 5,000 children and young people who stammer. More widely, we will also seek to influence the public policy environment in a way that helps each and every one of the 1.5 million children who will experience stammering at some point as they are growing up in the UK.

1. To increase access to effective therapy services for children and young people across the UK who stammer

- » Conduct and publish Freedom of Information research into provision for children and young people who stammer and aim to support delivery of services in under resourced areas in the UK
- » Continue supporting assessments and therapy across the UK in partnership with the Michael Palin Centre and our residential programme across the UK, including North Yorkshire, the North West and the South West

KPI targets: 350 children and young people directly helped (2019 actual: 341)

2. To empower children and young people who stammer by giving them a voice within our organisation and in society

- » Empower and encourage Youth Panel members to recruit, train and inspire a new cohort of members to build on their successes so far
- » Actively engage Youth Panel members in developing our future projects and funding proposals and evaluating our activities
- » Create a careers networking event for young people who stammer, working with our Stambassadors and in partnership with PwC
- » Continue our Stamback in Time project looking at people of influence who have stammered over the last 100 years in partnership with the London Metropolitan Archives

KPI targets: 60 young people who stammer empowered by taking part in our events and able to inform our strategy and inspire others. (2019 actual 39)

3. To assist the parents of children and young people who stammer, so that they are better able to support their child

- » Pilot the setting up of parent support groups in areas of the country where there is limited access to specialist stammering services
- » Continue growing our website, ensuring easily accessible information and guidance for parents of children who stammer and increase the reach of our social media platforms
- » Continue to fund the national helpline which is managed by the expert therapists at the Michael Palin Centre

KPI targets:

- At least one parents' support group established and holding regular meetings
- Increase the number of page views of our website (51,268 in 2018-19)
- Increase our social media following to 10,000 (currently 3,673)
- 750 helpline calls answered (673 in 2018-19)

4. To improve the ability of speech and language therapists to provide effective services to children and young people who stammer.

- » Improve and simplify online booking for training
- » Continue supporting the training of speech and language therapists in stammering across the UK and work with the Michael Palin Centre to improve and streamline its booking system so that more therapists can access the training
- » Ensure that our training will reach therapists from a wide geographical spread with courses planned in the coming year in Wolverhampton, Kent, Manchester and Cumbria

KPI targets: 500 therapists trained supporting 5,000 children who stammer (487 trained in 2018-19, supporting 4,870)

5. To promote research into the most effective treatment of stammering in children and young people

- » Continuing to support our PhD student research project looking at the link between stammering and mental health
- » Hold a panel event to review the last 30 years of research into stammering and new initiatives for the future
- » Support planning and preparation for the Oxford Fluency Conference with a view to maximising the media impact and supporting the attendance of international keynote speakers
- » Publication of the Temperament study conducted at the Michael Palin Centre

KPI targets:

- 1 PhD Student supported (currently 1)
- 50 attendees at panel event (new event)
- 1 paper published in an academic peer-reviewed journal

6. To promote awareness of stammering and the impact it has on children and young people's lives, and to change public perceptions

- » Work with the Stambassadors to develop their role as media spokespeople for the Charity and as advocates for children who stammer
- » Review the success of our school's project funded by John Lyon's Charity and explore ways we can reach schools in under-resourced areas, share webinars, recommend policy changes and make more schools "Stammer Aware"
- » Explore ways of supporting more young people through the transition moments in their lives between school, further education and the world of work

KPI targets:

- Positive media mentions of the Charity (none in 2018-19)
- 15 Schools becoming "Stammer Aware" (none in 2018-19)

Structure, Governance and Management

Constitution

The Charity is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 15 December 1988, which was last revised in September 2014, and as a charity on 21 March 1989.

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Organisational Structure

The Charity's Board of Trustees meets at least five times per annum. At present the Board has ten members from a variety of professional backgrounds, many of whom have experience of stammering, either personally or through a family member. Trustees retire by rotation after three years, but are eligible for re-election for up to three terms of office. The Chief Executive of the Charity implements the strategy set by the Trustees, acts as the key interface with the NHS, and has a prime responsibility for fundraising.

Trustees Recruitment and Induction

The Board of Trustees seeks to ensure that the interests of children who stammer are appropriately represented in the Trustee body. Trustees are recruited through informal methods, both through a network of parents and adults who stammer and through the body of professionals working in the field of childhood stammering. The Trustees also aim to maintain a broad mix of backgrounds and business skills on the Board. The Board of Trustees is committed to being a diverse and inclusive body. A Trustee nominations committee reviews the Trustees' skills mix and drives recruitment of new Trustees. New Trustees take part in a full induction programme covering all aspects of the work of the Charity, its governance and finances.

Board of Trustees

The Trustees are directors for the purpose of company law and trustees for the purpose of charity law. Trustees who served during the year and up to the date of this report are set out on page 41.

The members of the charitable company include the Trustees and four founding members. Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up.

Method of Appointment or Election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

Relationship with Related Parties and co-operation with other organisations

The work of ASC is, at present, largely achieved through its relationship with Whittington Health NHS Trust and its Speech and Language Therapy Department in London. ASC commissions the provision of specific services from the Michael Palin Centre, part of Whittington Health NHS Trust. Specifically, ASC commissions expert assessments, consultations, treatments, training and research not otherwise funded by the National Health Service. The Charity's funding also provides specialist advisory and helpline services to health professionals and families.

The Charity has a strict conflict of interest policy and declarations are made at the start of every trustee meeting.

Pay Policy for Senior Staff

All Trustees give their time freely and no Trustee received remuneration in the year.

The Board has overall responsibility for the pay policy and the salaries of staff and this is exercised through the finance committee, which is a sub group of the Board. The committee oversees the administration of the pay policy, evaluates employee performance and decides on any changes to pay.

Our general principles are to pay our employees a fair salary that is competitive within the charity sector, proportionate to the complexity of the role, and responsible in line with our charitable objectives.

Risk Policy

The Board of Trustees continues to review and evaluate the key risks faced by the charity at Board meetings throughout the year. A formal risk register is maintained to record ongoing risk assessments and track key mitigating activity. The key risks of the charity include risks associated with its governance, delivery of key strategic objectives, safeguarding of charitable assets and compliance with regulation.

The Board of Trustees ensures that robust policies, procedures, systems and financial controls are in place to mitigate key risks to protect the reputation of the charity.

Public Benefit

The Trustees have taken in to account the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The Trustees' report demonstrates our commitment to providing public benefit.

Trustees' Responsibilities Statement

The Trustees' (who are also directors of Action for Stammering Children for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statement in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period. In preparing these financial statements, the Trustees are required to:

- » select suitable accounting policies and then apply them consistently;
- » observe the methods and principles in the Charities SORP 2015 (FRS102);
- » make judgements and estimates that are reasonable and prudent;
- » state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- » prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In preparing this report, the Trustees have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 1st August 2019 and signed on their behalf, by:



Joanna Hunter
Chair of Board of Trustees

Independent Examiner's Report to the Trustees of Action for Stammering Children

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2019, which are set out on pages 27 to 40.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no 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 company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

Date: 21st August 2019



Helena Wilkinson

For and on behalf of

Price Bailey LLP
Chartered Accountants
Causeway House
1 Dane Street
Bishop's Stortford
Hertfordshire
CM23 3BT

Statement of Financial Activities

(incorporating income and expenditure accounts)

For the year ended 31 March 2019

Income and Expenditure	Note	Restricted Funds	Unrestricted Funds		Total 2019 £	Total 2018 £
		£	General £	Designated £		
Income from:						
<i>Donations and legacies</i>	2	305,960	207,552	-	513,512	633,599
<i>Other trading activities</i>	3	-	2,002	-	2,002	2,489
<i>Investments</i>	4	-	2,139	-	2,139	1,920
Total Income		305,960	211,693	-	517,653	638,008
Expenditure on:						
<i>Raising funds</i>	5	-	60,948	-	60,948	63,706
<i>Charitable activities:</i>	6	302,243	219,766	292	522,301	516,310
Total expenditure		302,243	280,714	292	583,249	580,016
Net movement in funds		3,717	(69,021)	(292)	(65,596)	57,992
Reconciliation of funds						
<i>Total funds brought forward</i>		43,000	411,303	597,574	1,051,877	993,885
Total funds carried forward	15	46,717	342,282	597,282	986,281	1,051,877

There are no recognised gains and losses other than those in the statement of financial activities. Therefore no statement of total recognised gains and losses has been prepared. All the above amounts relate to continuing activities.

Balance Sheet

As at 31 March 2019

Registered Number: 2328627

	Note	2019 £	2018 £
Fixed assets			
<i>Tangible Assets</i>	11	597,282	597,574
Current assets			
<i>Debtors</i>	12	1,460	40,816
<i>Cash at bank and in hand</i>		525,734	589,069
		<u>527,194</u>	<u>629,885</u>
Creditors	13	(138,195)	(175,582)
		<u>388,999</u>	<u>454,303</u>
Net current assets			
		<u>986,281</u>	<u>1,051,877</u>
Total net assets			
		<u>986,281</u>	<u>1,051,877</u>
Funds			
<i>Designated funds - fixed assets</i>	15	597,282	597,574
<i>Unrestricted funds - free reserves</i>	15	342,282	411,303
<i>Restricted funds</i>	15	46,717	43,000
		<u>986,281</u>	<u>1,051,877</u>
Total funds and reserves			
		<u>986,281</u>	<u>1,051,877</u>


The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

For the year ended 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain audit of its accounts for the year in question in accordance with section 476
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting recorded and the preparation of accounts.

The accounts were approved by the Board of Trustees on 1st August 2019 and signed on their behalf on 1st August 2019 by:


Joanna Hunter, Chair of Trustees

Company no: 2328627
The notes on pages 29 to 40 form part of these accounts

Statement of Cash Flows

For the year ended 31 March 2019

	2019 £	2018 £
Cash flows from operating activities:		
<i>(Deficit)/Surplus for the financial year</i>	(65,596)	57,992
Adjustments for:		
<i>Depreciation of tangible assets</i>	292	6,315
<i>Investment income</i>	(2,139)	(1,920)
<i>(Increase)/decrease in debtors</i>	39,356	(22,683)
<i>Increase/(decrease) in creditors</i>	(37,387)	64,447
Net cash generated from operating activities	<u>(65,474)</u>	<u>104,151</u>
Cash flows from investing activities		
<i>Income from investments</i>	2,139	1,920
	<u>2,139</u>	<u>1,920</u>
Net cash from investing activities		
<i>Net increase/decrease in cash and cash equivalents</i>	(63,335)	106,071
<i>Cash and cash equivalents at the beginning of the year</i>	589,069	482,998
Cash equivalents at the end of the year	<u><u>525,734</u></u>	<u><u>589,069</u></u>
Cash and cash equivalents at the end of the year comprise:		
<i>Cash at bank and in hand</i>	<u><u>525,734</u></u>	<u><u>589,069</u></u>

Notes to the Financial Statements

For the Year Ended 31 March 2019

1. Accounting Policies

1.1. Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (effective January 2015) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost, with the exception of investments which are included at market value.

1.2. Company status

The Charity is a company limited by guarantee. The members of the company are the Trustees named on page 41. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

1.3. Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements. Investment income, gains and losses are allocated to the appropriate fund.

1.4. Income

All income is included in the Statement of Financial Activities when the Charity is legally entitled to the income and amount can be quantified with reasonable accuracy. Grant income is recognised when there is a firm commitment and certainty that the funds will be received.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.5. Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity. Governance costs are those incurred in connection with administration of the Charity and compliance with constitutional and statutory requirements.

1.6. Tangible fixed assets and appreciation

All assets costing more than £200 are capitalised. Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

- **Computer and other equipment** 3 years on a straight line basis
- **Freehold Property** over 50 years to an estimated residual value of £592,000

1.7. Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate ruling on the date of the transaction. Exchange gains and losses are recognised in the Statement of Financial Activities.

1.8. Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

1.9. Creditors

Creditors are recognised as soon as there is legal or constructive obligation committing the Charity to pay out resources.

1.10 Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value. Fixed assets are recorded at depreciated historical cost.

1.11 Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.12 Pension costs

The Charity operates and contributes to a defined contribution pension scheme for employees. These assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the statement of financial activities.

1.13 Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2. Donations and Legacies

	Restricted Funds 2019 £	Unrestricted Funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
Grants and donations	305,960	196,132	502,092	545,321
Legacies	-	11,420	11,420	88,278
Total donations and legacies	305,960	207,552	513,512	633,599

Income from donations in 2018 included £313,713 of unrestricted income and £319,886 restricted fund income.

3. Trading Activities

	Restricted Funds 2019 £	Unrestricted Funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
Charity trading income				
Books and DVD sales	-	2,002	2,002	2,489
Net income from trading activities	-	2,002	2,002	2,489

Income from charitable activities in 2018 was all unrestricted.

4. Investment Income

	Restricted Funds 2019 £	Unrestricted Funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
Bank interest received	-	2,139	2,139	1,920

Income from investment income in 2018 was all unrestricted.

5. Expenditure on Raising Funds

	Restricted Funds 2019 £	Unrestricted Funds 2019 £	Total Funds 2019 £	Total Funds 2018 £
Events and fundraising	-	1,638	1,638	3,137
Staff costs	-	59,310	59,310	60,569
	-	60,948	60,948	63,706

Cost of raising funds in 2018 was all unrestricted.

6. Expenditure on Charitable Activities

	Restricted Funds 2019 £	Unrestricted Funds 2019 £	Total Funds 2019 £
Summary by Fund Type - Current Year			
Michael Palin Centre (MPC) - London	243,320	214,365	457,685
Stamback in Time project	5,755	-	5,755
Residential programmes	36,501	5,693	42,194
Research programme	16,667	-	16,667
	302,243	220,058	522,301

	Restricted Funds 2018 £	Unrestricted Funds 2018 £	Total Funds 2018 £
Summary by Fund Type - Prior Year			
Michael Palin Centre (MPC) - London	276,886	173,161	450,047
Northern services	42,875	-	42,875
Residential programme & other charitable expenditure	-	23,388	23,388
	319,761	196,549	516,310

7. Expenditure by Charitable Activity

	Total 2019	Total 2018
	£	£
Direct costs:		
Assessments	228,000	228,000
Clinical work	73,500	73,500
Residential programme	42,194	41,433
Returners	10,000	10,000
Research programme	31,667	25,000
Advisory services	30,000	30,000
Education and training	27,449	36,623
Other commissioning costs	300	487
Innovation Awards	300	300
Stamback in Time project	5,755	-
Staff costs relating to charitable projects	46,471	35,461
	495,636	480,804
Support costs (note 8)	26,665	35,506
	522,301	516,310

8. Support Costs

	Total 2019	Total 2018
	£	£
Depreciation of assets	292	6,315
Staff costs	17,616	14,708
Staff expenses	105	1,518
Travel	684	278
Professional fees	996	932
Website costs	(1,005)	223
Youth Panel	117	1,266
Equipment and repairs	490	51
YouGov research	500	-
Miscellaneous	535	57
Governance costs	6,335	10,158
	26,665	35,506

9. Net (Expenditure)/Income Resources for the Year

	Total 2019 £	Total 2018 £
This is stated after charging:		
Depreciation	292	6,315
Independent Examiner's Fee	2,853	3,081

Trustees did not receive remuneration or benefits in kind.
Trustees expenses reimbursement in the year totalled £NIL (2018: £NIL).

10. Staff Costs

	Total 2019 £	Total 2018 £
Wages and salaries	110,175	106,202
Social security costs	11,691	11,691
Pension costs	1,531	726
Total staff costs	123,397	118,619

	Total 2019 No.	Total 2018 No.
Average monthly number of employees during the year		
Average number of staff	3	3

No employee received emoluments amounting to more than £60,000 (2018: 1 - £60,000 - £70,000).

The key management personnel of the Charity comprise the Trustees and management teams as listed on page 41. The total amount of employee benefits (including employer pension and national insurance contributions) received by the key management personnel for their services to the Charity was £73,278 (2018: £72,096).

11. Tangible Fixed Assets

	Freehold property £	Office equipment £	Total 2019 £
Cost			
At 1 April 2018	592,000	61,720	653,720
Additions	-	-	-
Disposals	-	-	-
At 31 March 2019	<u>592,000</u>	<u>61,720</u>	<u>653,720</u>
Depreciation			
At 1 April 2018	-	56,146	56,146
Charged	-	292	292
Disposals	-	-	-
At 31 March 2019	<u>-</u>	<u>56,438</u>	<u>56,438</u>
Net book value			
At 31 March 2019	<u>592,000</u>	<u>5,282</u>	<u>597,282</u>
At 31 March 2018	<u>592,000</u>	<u>5,574</u>	<u>597,574</u>

12. Debtors

	2019 £	2018 £
Accrued income	-	38,000
Other debtors	1,460	2,816
	<u>1,460</u>	<u>40,816</u>

13. Creditors

	2019 £	2018 £
Accruals	134,795	117,567
Deferred income	-	54,800
Social Security	3,400	3,215
	<u>138,195</u>	<u>175,582</u>

	2019 £	2018 £
Deferred income comprises restricted grants received in advance:		
Balance brought forward	54,800	107,098
Amounts utilised in the year	(54,800)	(57,098)
Current year income deferred	-	4,800
Balance carried forward	-	54,800

14. Pension Commitments

The Charity operates a defined contributions pension scheme. The total contributions for the year amounted to £1,531 (2018: £726). No amounts were payable to the fund at the year end (2018: £Nil).

15. Statement of Funds

	1 April 2018 £	Income £	Expenditure £	Transfers £	31 March 2019 £
Designated funds					
Freehold Pine Street	350,000	-	-	-	350,000
Training room extension	242,000	-	-	-	242,000
Net Book Value fixed assets	5,574	-	(292)	-	5,282
	597,574	-	(292)	-	597,282
General funds					
General funds	411,303	211,693	(280,714)	-	342,282
	1,008,877	211,693	(281,006)	-	939,564
Restricted funds					
Assessments	-	26,015	(25,000)	-	1,015
Stuttering Foundation	-	186,627	(186,627)	-	-
Heritage Lottery Fund	-	10,150	(7,448)	-	2,702
John Lyons Foundation	30,000	30,000	(30,000)	-	30,000
Peter Sowerby Foundation	13,000	13,900	(13,900)	-	13,000
Children In Need	-	22,601	(22,601)	-	-
Woodroffe Benton Foundation	-	16,667	(16,667)	-	-
	43,000	305,960	(302,243)	-	46,717
Total funds	1,051,877	517,653	(583,249)	-	986,281

Summary of Funds

	1 April 2018 £	Income £	Expenditure £	Transfers £	31 March 2019 £
Designated funds	597,574	-	(292)	-	597,282
General funds	411,303	211,693	(280,714)	-	342,282
	1,008,877	211,693	(281,006)	-	939,564
Restricted funds	43,000	305,960	(302,243)	-	46,717
	1,051,877	517,653	(583,249)	-	986,281

Prior Year - Statement of Funds

	1 April 2017 £	Income £	Expenditure £	Transfers £	31 March 2018 £
Designated funds					
Freehold Pine Street	350,000	-	-	-	350,000
Training room extension	242,000	-	-	-	242,000
Net Book Value fixed assets	11,889	-	-	(6,315)	5,574
	603,889	-	-	(6,315)	597,574
General funds					
General funds - all funds	347,121	318,122	(260,255)	6,315	411,303
	951,010	318,122	(260,255)	-	1,008,877
Restricted funds					
Assessments	-	60,081	(60,081)	-	-
Stuttering Foundation	-	194,204	(194,204)	-	-
Northern Services	42,875	-	(42,875)	-	-
Children In Need	-	22,601	(22,601)	-	-
Peter Sowerby Foundation	-	13,000	-	-	13,000
John Lyons Foundation	-	30,000	-	-	30,000
	42,875	319,886	(319,761)	-	43,000
Total funds	993,885	638,008	(580,016)	-	1,051,877

Prior Year - Summary of Funds

	1 April 2017 £	Income £	Expenditure £	Transfers £	31 March 2018 £
Designated funds	603,889	-	-	(6,315)	597,574
General funds	347,121	318,122	(260,255)	6,315	411,303
	951,010	318,122	(260,255)	-	1,008,877
Restricted funds	42,875	319,886	(319,761)	-	43,000
	993,885	638,008	(580,016)	-	1,051,877

Purpose of Restricted Funds

Assessments	These funds were used for specialist consultations at the Michael Palin Centre.
Stuttering Foundation	These funds were used for specialist clinical, research and training activities at the Michael Palin Centre.
Northern Services	These funds were used in 2017/2018 to support a residential course for young people from the North West and for the development of the ASC's new website designed to reach more children, young people and their families across the UK.
Children In Need	These funds were used for a "Talking Out" outward-bound residential.
Peter Sowerby Foundation	These funds were used for a "Talking Out" outward-bound residential which took place in 2018/2019.
John Lyons Foundation	These funds have been used to help children and young people in key London Boroughs to lead changes within their schools community to develop frameworks for improved provision and support for children who stammer.
Heritage Lottery Fund	These funds are being used for a two-year project called Stamback in Time working with the Youth Panel looking at famous people who stammered.
Woodroffe Benton	These funds were used to support the first year of a three-year Phd programme investigating the relationship between stammering and anxiety and depression in children in partnership with University College London.

Purpose of Designated Funds

Freehold Pine Street Fund	The Trustees have designated funds to the value of the freehold property as a designated resource to meet the Charity's principle objectives.
Training Room Extension	The Trustees have designated funds received from a legacy to fund the training room extension.
Net Book Value of Fixed Assets	The Trustees have designated funds to the value of the net book value of fixed assets as a designated resource to meet the Charity's principle objectives.

16. Analysis of Net Assets Between Funds

	Restricted Funds 2019 £	Unrestricted Funds 2019 £	Total Funds 2019 £
Tangible fixed assets	-	597,282	597,282
Current assets	46,717	480,477	527,194
Creditors due within one year	-	(138,195)	(138,195)
	<u>46,717</u>	<u>939,564</u>	<u>986,281</u>

Prior Year - Analysis of Net Assets Between Funds

	Restricted Funds 2018 £	Unrestricted Funds 2018 £	Total Funds 2018 £
Tangible fixed assets	-	597,574	597,574
Current assets	43,000	586,885	629,885
Creditors due within one year	-	(175,582)	(175,582)
	<u>43,000</u>	<u>1,008,877</u>	<u>1,051,877</u>

17. Financial Commitments

	2019 £	2018 £
NHS Whittington Health	<u>390,330</u>	<u>390,530</u>

The Charity commissions an expert speech and language service for children and young people from NHS Whittington Health which they have committed to for the period 1 April 2019 - 31 March 2020.

18. Related Parties

There were no related party transactions that require disclosure.

Reference and Administrative Details of The Charity, its Trustees and Advisers

For the Year Ended 31 March 2019

Trustees	Joanna Hunter (Chair) David Broom (Honorary Treasurer) Will Evans (Company Secretary) Samira Ahmed Gerald Grattoni Arthur Hughes-Hallett Balshen Izzet Claudine Provencher (retired October 2018) Oliver Rawlins Vicky Slonims Anne Whateley
Company Registered Number	2328627
Charity Registered Number	801171
Company Status	A company limited by guarantee
Day-to-Day Management	The Trustees delegated day-to-day management to the Charity's Chief Executive Phil Pyatt until January 2019 and Steven Gauge from February 2019
Registered Office	Action for Stammering Children Michael Palin Centre for Stammering Children 13-15 Pine Street London EC1R 0JG
Independent Examiners	Price Bailey LLP Chartered Accountants Causeway House 1 Dane Street Bishop's Stortford Hertfordshire CM23 3BT
Bankers	Lloyds Pall Mall St James's London SW1Y 4BE
Life Presidents and Co Founders	Travers Reid The Late Lena Rustin
Vice Presidents	Michael Palin Colin Firth Ed Balls Jane Fraser Thomas Hughes-Hallett Gail Ronson



Youth Panel Member Phoebe Avbulimen met up with the Charity's Vice President Michael Palin, at the BBC, in April 2019 where he was recording a Radio 4 appeal for the Charity.

We will report the results of the appeal and our other 30th Anniversary fundraising activities in next year's Trustees' Report and Financial Statements.



Travers Reid, Action for Stammering Children' Life President and Co-Founder toasting the Charity's 30th Anniversary, with his wife Sandra. Travers, whose childhood experience of stammering was instrumental in setting up the Charity, continues to inspire and influence our work to this day.



Action for Stammering Children
c/o The Michael Palin Centre
13-15 Pine Street
London, EC1R 0JG

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@ascstammering

www.actionforstammeringchildren.org

Charity Number: 801171