



# Autistic Parents UK

Trustee Pack 2023-2024

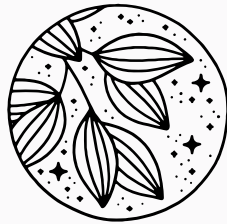


Autistic Parents UK



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Trustee Pack

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The story behind

# APUK



AUTISTIC PARENTS UK

**Being an Autistic parent can raise unique challenges that historically have been poorly supported. Autistic Parents UK is a user-led Charity (CIO) set up by a group of Autistic parents to address this gap.**

Autistic Parents UK is committed to supporting Autistic parents in a number of ways:

- online peer support groups (larger and smaller groups)
- monthly webinars and live Q&A sessions
- monthly book giveaways
- local peer support groups (nationwide)
- volunteer-led one-to-one peer support sessions
- training, consultancy and supervision for professionals who support Autistic parents

Autistic Parents UK began in 2020 and became a Charity (CIO) on 11th May 2022.



We are committed to working reflectively and flexibly to improve our support offering and have many plans for future development.

Future plans include; building our existing services and introducing a support line with multiple communication methods, including video calls, email, phone calls and instant messaging.

We plan to expand our offering for Autistic parents by developing our own advocacy services and partnering with, or funding, existing organisations and individuals that work towards the benefit of Autistic parents.

We are dedicated to educating and supporting the wider community in order to positively impact, the lives of Autistic parents in the UK.

# OUR VISION

A WORLD WHERE AUTISTIC PARENTS HAVE A VOICE, WHERE THEIR EXPERIENCES & KNOWLEDGE IS RESPECTED, UNDERSTOOD AND VALUED. WHERE AUTISTIC PARENTS RECEIVE THE SUPPORT THEY NEED FOR THEMSELVES AND THEIR FAMILIES WITHOUT JUDGEMENT OR DISCRIMINATION.

## OUR VALUES



### 1 Collaboration

We are a user-led group and we are committed to working collaboratively with our beneficiaries to make sure Autistic Parents UK truly supports the needs of Autistic parents.



### 2 Inclusiveness

We are dedicated to being inclusive of ALL Autistic parents and of the needs of our volunteers and beneficiaries. We want to proactively address all factors that cause barriers to entry for those involved in the running of APUK and those who access support.



### 3 Transparency

We are dedicated to being open and honest about our plans, processes and expenses. We will only fundraise when we have a clear goal and rationale to support it. We will always welcome feedback from our beneficiaries.



### 4 Compassion

We support people at whatever stage they are at with their understanding of Autism and being Autistic. We treat all people with understanding, respect, compassion and unconditional positive regard.



## Role of a Trustee of

# APUK

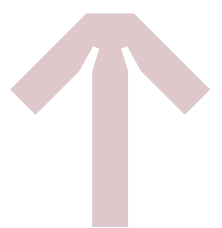
### THE DUTIES OF A TRUSTEE ARE:

- Ensuring that Autistic Parents UK pursues its stated charitable purposes, as defined in its governing document, by developing and agreeing on a long-term strategy
- Ensuring that Autistic Parents UK complies with its constitution, charity law, company law and any other relevant legislation or regulations
- Ensuring that Autistic Parents UK applies its resources exclusively in pursuance of its charitable purposes for their beneficiaries. The charity must not spend money on activities that are not included in its own objects
- Ensuring that Autistic Parents UK defines its goals and evaluates performance against agreed targets
- Safeguarding the good name and values of Autistic Parents UK
- Ensuring the effective and efficient administration of Autistic Parents UK, including having appropriate policies and procedures in place
- Ensuring the financial stability of Autistic Parents UK
- Protecting and managing the property of Autistic Parents UK and ensuring the proper investment of the charity's funds
- Following proper and formal arrangements for the appointment, supervision, support, appraisal and remuneration of the chief executive (when relevant)

### PERSON SPECIFICATION:

- A commitment to the mission and values of Autistic Parents UK
- A willingness to devote the necessary time and effort to Autistic Parents UK
- A willingness to act as ambassador to external bodies and organisations
- Strategic and dynamic vision, planning and leadership skills
- Good, independent judgement and willingness to speak their mind
- An ability to think creatively
- An understanding and acceptance of the legal duties, responsibilities and liabilities of trusteeship
- An ability to work effectively as a member of a team
- A commitment to Nolan's seven principles of public life: selflessness, integrity, objectivity, accountability, openness, honesty and leadership.

In addition to the above statutory duties, each trustee should use any specific skills, knowledge or experience they have, to support the board of trustees to reach sound decisions. This may involve scrutinising board papers, leading discussions, focusing on key issues, providing advice and guidance on new initiatives, or other issues in which the trustee has special expertise.



# READING



## THE ESSENTIAL TRUSTEE: WHAT YOU NEED TO KNOW, WHAT YOU NEED TO DO

This guidance explains the key duties of all trustees of charities in England and Wales, and what trustees need to do to carry out these duties competently.

[www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3](http://www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3)



## NCVO EASY READ GUIDES

Here are several easy read guides from NVC0 that summarises the role well.

- What is a charity - easy read
- What is a charity trustee - easy read
- What a trustee must do - easy read
- How trustees look after the charity - easy read

[www.ncvo.org.uk/accessible-guides](http://www.ncvo.org.uk/accessible-guides)



## TRUSTEE TRAINING

We are able to organise 2-hour Trustee specific training with Dudley CVS, if you would like to do this before making a commitment, please let us know asap.



## CONTACT US

If you would like an informal, confidential discussion about the role before applying, please talk to Ayesha by emailing [info@autisticparentsuk.org](mailto:info@autisticparentsuk.org)



Autistic Parents UK