



# Autus Annual Review

2023 TO 2024



Quote About

## Coaching

“My coaching has made a big difference to my being able to do my job well. My line manager is really pleased with my growth.”

Quote About

## Building Club

“Excellent teacher, always love your classes.”  
“The GEODE project is probably my favourite so far, exploring a new tool with the sculpting is cool.”

Quote About

## Blender Course

“I loved uploading the projects once they had been completed and see them come to life.”



### FROM THE CHAIR - TOBY FREEMAN

Welcome to this year's annual review. It's a pleasure to update you on another exciting year of Autus activity. With minimum funding we have managed to have maximum impact including introducing Autus at Night that has opened our service to those who can only attend in the evenings.

Please continue to support our work in whatever ways you can.

## Social Job Club

This year SJC has worked on more interesting projects. Kitty and the team never cease to amaze with their limitless creativity and ideas to keep people engaged and motivated as they work towards work related goals.

This year the team has worked on goal setting for personal and professional life. They have used the very interesting context of creating a Boulevard of Shops to reflect their real-life goals see page 3 for more details...



## Job Coaching

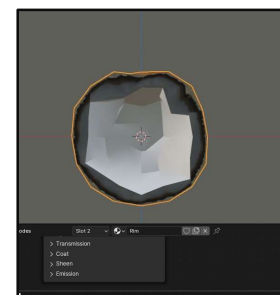
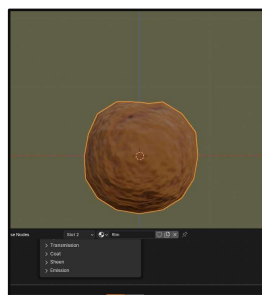
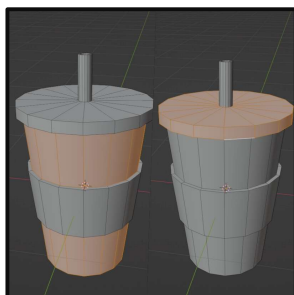
This year we have coached individuals to tangible success through providing a safe space for them to be open about their personal and professional challenges. Our experienced coaches have been instrumental helping our service users to build confidence, set achievable goals and objectives, frame their challenges in a positive light and achieve tangible results personally and professionally. We applaud this year's candidates for their commitment to the coaching sessions and congratulate them on their brilliant results.



## Building Club

Building Club moved some more advanced skills this year by offering a course in Blender. This course was not for the beginner and designed to help those with 3D modelling skills take their work to the next level. Andrea introduced the team to various modelling techniques using software which is known to be rather complex to use.

*“Just wanted to thank Andrea for being such a great and patient teacher. I really enjoyed the classes and although I have been slow to pick it up its not put me off continuing with it.”*



## Autus at Night

We are delighted to have launched Autus at Night this year and what a success it has been! It is designed to offer evening sessions twice per month so that those who have difficulty attending day sessions are not excluded. These sessions are very social and dynamic with themes. This year Autus at Night has hosted trivia nights, a virtual field trip, media club, free build sessions as well as sessions focused on Living in a Community and Autumn. Autus at Night is definitely here to stay!



## What's on the SJC Boulevard?

Each person created a shop based on their personal or professional goals or journeys

David: healthy food on a budget

Solly: newspaper machine to stock the Autus weekly newsletter

Stefan: music and arts studio

Becky: art gallery to showcase her real art



## Imagine

We started 2023 with a programme to introduce participants to the use of Artificial Intelligence and how it can be used for image creating, image editing. This was a very timely topic given the increased use of AI in all spheres and is an example of how Autus remains current and continues to help services users build relevant skills for the modern workplace.



### Good News

Congratulations to volunteer H who secured a 16 week paid work placement to boost her employment skills.

Well done to James W for achieving his Level 2 Qualification in Counselling, Mental Health, Disabilities and Senco / Send and progressing onto the Level 3 in Mental Health Awareness.

Congratulations to Stefan for his outstanding performance in The Measure of our Dreams at London's Almeida Theatre.



*Autus Financial Statements are available online at  
the Charity Commission*

*<https://www.gov.uk/find-charity-information>*

## Vote of Thanks

As usual we would like to thank the Autus Team for their dedication and hard work. We continue to face financial challenges as an organisation and yet our service continues to meet needs due to the commitment of the team.



### Thanks to the Autus Team & Long-term Volunteers

Kitty  
Andrea  
Patience  
James B  
Jami

Ross  
James W  
Maya  
H  
Rachael

Thanks to our Board of Trustees and our founding company Hao2.eu Ltd, our partners and funders for their continued support.

## Request for Support

This has been the first year that Autus has operated without specific funding from government or charitable trusts. Although we have continued to offer a brilliant service and, in some case, with more freedom and flexibility, it is critical that we obtain funding to enable us to continue our work.

In addition to funding, we are always delighted when people can volunteer their time and expertise to act on our Board of Trustees. We are keen to have people who are able to raise our profile to attract financial and other support for our services.



Support us by purchasing an Autus T-Shirt

Contact [patience@autus.org.uk](mailto:patience@autus.org.uk) for more information