

ADD INFORMATION SERVICES

England & Wales · Charity number 1070827

Details

Other names ADDISS

Status Registered

Legal form Trust

Registered 1998-07-31

Register [View on the Charity Commission register](#)

Contact

Address Addiss
369 Burnt Oak Broadway
Edgware
Middlesex
HA8 5AW

Phone 02089521515

Email info@addiss.co.uk

Website www.addiss.co.uk

Activities

Objects: TO RELIEVE CHILDREN AND THOSE PERSONS SUFFERING FROM ATTENTION DEFICIT HYPERACTIVITY DISORDER AND POTENTIAL ATTENTION DEFICIT HYPERACTIVITY DISORDER AND THEIR FAMILIES AND TO ADVANCE THE EDUCATION OF THE PUBLIC AND OTHERS IN THE ABOVE DISORDERS.

Activities: Training for parenting practitioners.Behaviour management programmes for parents Educational programmes to help parents better manage and understand their child's conditionNational telephone helplineCollaborating with and undertaking Research ProjectsConferences,Consultancy and training to schools.Supporting and working with ADHD advocacy groups across the UK

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£61,859	£75,947	-	-
2024-03-31	£127,152	£111,482	-	-
2023-03-31	£94,553	£128,213	-	-
2022-03-31	£174,190	£188,158	-	-
2021-03-31	£133,164	£125,625	-	-

Trustees

Name	Role	Appointed
JENNY MISSEN	Chair	
Dr RASHMIN TAMHNE		
JESSICA JOELS		2020-02-16
SHARON IVY O'DELL		

ADD INFORMATION SERVICES

England & Wales - Charity number 1070827

Accounts



**A D D INFORMATION SERVICES
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025**

Charity Number: 1070827

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A D D Information Services Charity Information

Organisation Name: A D D Information Services

Organisation Address: Cavendish House,
369 Burnt Oak
Broadway,
Edgware
HA8 5AW

Charity Number: 1070827

Bankers: Lloyds Bank
105-109 Station Road Middlesex
Edgware
HA8 7JL

Independent Examiner: Community Barnet
SEIDS Hub
Empire Way
Wembley
HA9 0RJ

**A D D Information Services
Trustees Report
For the year ended 31st March 2025**

Headlines

- ADDISS is still here.
- Key sources of revenue have reduced
- The increase in adult diagnosis places a strain on organisations like ours
- Proving support to people waiting for diagnosis and treatment from the NHS remains a priority
- There is still much to do, and will be for the foreseeable future
- We need to continue the process of recovering our full financial and operational strength to move forward
- There are vital local and national actions that need to be taken *now*
- Our understanding and experience of local, individual support gives us unique insight into what is needed at the national scale
- We are going on with our mission.

Attention-deficit/hyperactivity disorder (ADHD) is a common neurodevelopmental disorder affecting approximately 5-7% of school-age children and adolescents. It can persist into adulthood, impacting daily functioning, academic performance, and overall quality of life. Core symptoms of inattention, hyperactivity, and impulsivity affect not only individuals but also families, caregivers, and broader social environments. In children and adolescents, ***untreated or poorly managed ADHD is associated with a higher risk of educational underachievement, behavioural problems, and strained family relationships***, while in adults, it can result in ***job instability, relationship difficulties, and increased risk of substance abuse and mortality***.

About ADDISS

Attention Deficit Disorder Information Services (ADDISS) is a registered charity dedicated to serving individuals and their families affected by the highly prevalent medical condition, Attention Deficit Hyperactivity Disorder (ADHD) and a wide range of comorbid conditions that either result from ADHD or have a greater impact because of ADHD.

Our purposes include:

-
- *ensuring that all individuals affected by ADHD receive the care and appropriate, treatment they need from schools, social services, mental health services and other organisations*
 - *promoting knowledge, understanding and positive attitudes towards ADHD in society*
 - *influencing practitioners and key decision-makers*
-

ADDISS works at both a national and local level in partnership with local support groups to provide information, training and support for parents, people with ADHD and professionals in the fields of ADHD and related learning and behavioural difficulties. What we learn from our local activities is vital to our own national strategy and to the challenges of ADHD generally.

We support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication and aim to help and support families in finding the most appropriate approach to intervention for their child or for an adult with ADHD. Our work is supported and guided by its professional board of expert advisors.,

ADDISS in 2024-25: challenges, actions and achievements

ADDISS continues to face significant challenges but continues to deliver strong, effective support to ADHD individuals and the wider community as well as make limited progress on development work. However, dealing with day-to-day challenges for our clients and for the charity itself has limited how much medium-term development we have been able to undertake.

2024-25 was another difficult year but we were able to attract contracts from schools and local authorities mainly social services.. Pressure on NHS services continue to grow as we see a huge increase in referrals and very long waiting lists for both children and adults.. .

Finances and fundraising

ADDISS remained active and solvent in the year, but our financial position continues to suffer while we rebuild following Covid19: we have not been able to deliver training courses and other services that normally provide significant income but this has improved in 2025.

Our rent and utilities are paid for by our trading subsidiary. This is mainly funded through our licenced training programme for professionals which has taken the biggest hit during lockdown and we have yet to get back to the level of income pre-pandemic. We are working on restoring this income.

We recognise the considerable challenges that we face in the medium term, in common with many smaller charities. We are developing a strategy that will allow ADDISS to grow in key areas while maintaining the affordable and funded services we offer to people affected by ADHD and their families. The objective is to increase its capacity to improve the lives of people with ADHD as well as make ADDISS sustainable in the long term. This will include strengthening our infrastructure as well as developing and delivering support and services to more people.

Our funding sources in 2024-2025

Young Barnet Foundation – Space to Grow Fund
European Research projects
UK Research Projects
Individual donations and Fundraisers using the Just Giving Platform.
Subscriptions
Service Contracts with Local authorities
Coaching services
Psychotherapy Services
National Lottery

Our mission and vital objectives: what we do

- Achieving recognition of ADHD and advocacy for children and adults
- Providing clear and factually based information about ADHD to parents, teachers, social service professionals, healthcare professionals and policymakers
- Supporting a broad range of evidence-based interventions
- Working with professional and patient organisations in the fields of health, education and youth justice
- Providing access to advice for children, adults and families from knowledgeable peers

Our values: how we operate

These principles are essential to the way ADDISS operates and will underpin its new strategy.

- Collaborative
- Never giving up: persistence and resilience in supporting families through difficult and demanding circumstances
- Empathetic and compassionate while remaining objective
- Accuracy, completeness, objectivity, evidence-based
- Expert
- Positive about the value that ADHD people bring to all aspects of society if they have the support, they need
- Engaging and communicative with everyone affected by ADHD or involved in care and treatment of ADHD individuals
- and everyone who makes or influences policy about care for ADHD people

Our role in reducing the long-term effects of ADHD

The support and information that ADDISS provides aims to reduce the long-term impact of undiagnosed, misdiagnosed or untreated ADHD on:

- individuals
- families
- schools
- mental health and social services
- employers and colleagues
- children and adults.

ADHD is a significant cause of personal and social problems. Without adequate support and interventions or with incorrect diagnosis ADHD can result in:

- Wasted lives, unrealised potential
- Under-performance at school, unnecessary exclusion and reduced educational achievement
- Mental health problems
- Difficulties in making and sustaining relationships (with peers, teachers and family)
- Difficulties finding and keeping a job
- Substance abuse, addictions, gambling, failed relationships
- Increasing involvement with the criminal justice system
- School to prison pipeline

ADDISS ensures that the patient voice is heard through our Collaboration with other organisations

- ADDISS remains a member of ADHD Europe
- Our CEO is an ambassador for ADHD Europe
- Our treasurer represents ADDISS as the treasurer/board member for ADHD Europe
- A member of Gaiman Europe (Global Alliance of Mental Illness Advocacy Networks)
- Our CEO represents ADDISS as a committee member of the Lancet ADHD Project and gave a talk at the Lancet's Hong Kong conference

ADDISS and ADHD now

ADDISS operates in a world in which understanding of ADHD is changing, but actual action to support individuals, families and the community is visibly lagging. That lag creates not only significant problems and pain for individuals and their families but also puts unnecessary pressure on the community and on services and institutions. Equally distressing is the lost individual potential and loss to society of people with talent and energy who could be effective and happy if only the right type of support was available to all of them. Above all, ADDISS exists to close this gap and so benefit ADHD individuals and the communities they belong to personally and structurally.

It is estimated that between 3% and 7% of school age children in the UK have ADHD. The UK's National Institute for Clinical Excellence, (NICE), suggests that it affects 5% of the school-aged population. People do not 'grow out' of the condition and the majority of those children will continue to have significant problems dealing with their ADHD throughout adulthood and into old age. ADDISS directly supports people at all stages of their lives, including vital work to support families in crisis.

However, although there are lots of headlines about ADHD and more *apparent* public recognition, there is little commitment to action that would help in both the short and medium term.

There have been notable changes in the way professionals in healthcare, social or educational settings perceive ADHD as a distinct clinical entity, and the virtually universal acceptance of the need for an early diagnosis and management of this eminently treatable condition.

However, this is not evenly distributed across the UK and many people are not able to benefit from it. There is a drastic lack of service provision and support for families and individuals.

In the longer term, this represents massive loss of potential for society and the economy: the strengths and potential of ADHD people are lost through poor education, misdiagnosis, lack of service provision and misunderstanding among some medical professionals. The net effect is a large unnecessary additional financial burden on the public purse: some studies have estimated the cost to the UK could be £3.6bn (Demos; 2018 figure).

Positive signs ADDISS can build on

Given the high prevalence of ADHD, there is, however, a general acceptance amongst policymakers in the UK Government as to the economic and human cost associated with unrecognised or untreated ADHD, both personally on the lives of individuals in short- and long- term, and collectively on the society as a whole. Indeed, there is now a widely held consensus that undiagnosed, misdiagnosed and untreated ADHD can be a factor in youth crime, substance drug abuse and higher prevalence of self-harm.

ADDISS's challenge is to make sure that this thinking has an impact on the real lives of people affected by ADHD.

Our strategy for 2025-26 and onwards engages directly with these issues. Our main initiatives will be to:

- repair and strengthen our income
- the development of a national helpline and associated services able to provide significant support to people with ADHD and their families and carers, based on our existing telephone support service.

ADDISS and the ADHD challenge ahead

As long as ADHD continues to be overlooked in many areas of life and by many organisations, ADDISS will be an essential organisation.

- To people affected by ADHD and their families
- To schools
- To social services
- To the NHS and mental health services
- To policymakers

As the UK emerges from responding to the pandemic, it has become clear that the pressures on ADHD individuals and their families, as well as schools, employers and public services, has grown and that many ADHD-affected people have suffered severe mental health impacts. Health and social services for ADHD people have not been expanded to deal with the increased demand.

Picking up the pieces is beyond the capacity of any single one of the UK charities supporting ADHD work and, like all others involved in ADHD, ADDISS will need to review its activities and the use that it makes of its very stretched resources.

PRACTICAL SUPPORT

We continue to provide a part time helpline and related services. We are delighted that our psychotherapist continues to be a part of our team, working part-time on a voluntary basis; supporting families and individuals on the helpline once a week giving in depth advice and support., He also delivers therapy and support for adults with ADHD, young people and their families. We have parent coaches on our team who work directly with parents and young people themselves offering strategies to manage their ADHD both in school and in the community.

We continue to work directly with families in group and individual support. We are supporting adults and children with complex and diverse needs.

It is essential that young people and adults with ADHD are able to access some of the treatment they need to improve their quality of life. However, this access is still extremely variable - between different parts of the country, different services, different professions and different views of what causes behaviour. Our work will hopefully enable many more people with ADHD to get the treatment they need – or ask for the specific appropriate help they need. - delivered to them within health services.

The views of our work are commonly expressed by the subscribers and users of ADDISS services - which include many thousands of children, young people, ADHD adults, parents and carers, and professionals from many fields. These professionals include teachers, psychiatrists, nursery nurses, psychologists, paediatricians, enlightened staff of the youth, police and prison services and many more. This growing group of ADHD affected, and ADHD-friendly people has influenced the work and direction of ADDISS over the 29 plus years since it was set up.

ADHD AWARENESS IN PROFESSIONS AND THROUGH SOCIETY

Many professionals are involved in the recognition, diagnosis, treatment and management of people affected by ADHD: GPs, nurses, psychotherapists, teachers, social workers, probation officers, police officers, prison staff and others. Some all very well informed but many have not had the opportunity to learn usefully and consistently about ADHD and its impact.

A key longer-term objective for ADDISS is to start addressing that information gap. We are working hard at supporting individuals and families, but often the context in which we provide that support is one of limited information or understanding among the different services and organisations they interact with. ADDISS is well positioned to address that gap based on both its knowledge of ADHD and its understanding of the lived experience of its members and clients.

This will form a major part of our strategy in the longer-term term once the organisation has recovered from the disruption to operations and funding resulting from the pandemic, and an improved helpline is firmly established.

Review of our activity and impact

UK-WIDE PRACTICAL SUPPORT FOR INDIVIDUALS

Helpline

The telephone helpline run by ADDISS is the only helpline providing specialist information and advice on ADHD in the UK which provides open access for everyone. Due to the lack of awareness around ADHD and the services available for sufferers, the ADDISS helpline is often the first, and sometimes only, port of call for

individuals, or their parents, who suspect that they, or their children, have ADHD. It is still run with a skeleton staff, but the passion of the staff to give help and advice to those most in need make up for their small number.

As well as the helpline itself, we support families with letters to schools, attending tribunals and offering training to staff. This is time-consuming, resource-intensive but is a lifeline for the people we support in addition to receiving calls on the helpline, we also receive many enquiries via email. Given our limited resources we are unable to answer all. We have identified this as an area that needs more investment either in staff resources or improvement in our digital technology.

The main subjects of calls were:

Seeking a diagnosis: Calls from both parents and adults seeking a route to diagnosis are still by far the greatest number of calls. In the last couple of years we have seen an explosion in adult diagnosis and especially women in midlife. ADDISS provides advice and support: helping them navigate the system has been a lifeline for many.

Post Diagnosis: Most calls were from adults looking for Coaching, advice on Access to Work and asking for some kind of therapeutic help

Gaming addiction: An increasing problem in younger children especially during lockdown and one with little UK expertise.

Education: Many parents call us because their children's needs are not being properly met in school. They are misunderstood, mismanaged, and lack of staff training leads to inappropriate punishments and exclusions. ADDISS provides advice and support.

LOCAL PRACTICAL SUPPORT

Support for ADHD in Barnet

ADDISS provides intensive hands-on support to families in Barnet. We work with families mainly in the Barnet area of North London. We aim to improve the life chances and outcomes for ADHD people and support their families and schools. Barnet is the second largest borough in London where 9000 children are living with ADHD. Many families who have children with ADHD find that they have difficulty managing their children's behaviour and that their children are often socially isolated at school and in their local communities.

ADDISS also partners with Voluntary Sector organisations in the local area, including

- Inclusion Barnet
- Barnet CYP Mental Health and Wellbeing forum
- Barnet Adult Learning Disabilities service
- Adult Social Care
- Children Services
- Young Barnet Foundation

Work with schools

We have been delivering a number of programmes in local primary schools for parents of children with ADHD. We ran an exclusion intervention project for children at risk of exclusion. This has been funded by the Young Barnet Foundation.

Working with Childrens Services

As the only provider of specialist ADHD interventions, we have worked with Childrens Services in Barnet to provide input for complex families at risk where ADHD is a compounding factor. We have been providing intensive in the home support for families at risk of losing their children. We have been involved in a number of child protection cases where we have been able to make great changes in the home and prevent children being taken into care.

Mentoring and Coaching

Our staff have provided and continue to provide mentoring and coaching services to young teenagers with ADHD. We offer study strategies and psycho education to teenagers to help support their ADHD symptoms. We have been providing coaching services to adults with ADHD and to a number of adults through Access to Work funding.

ADVANCING KNOWLEDGE AND INFORMATION IN THE UK AND INTERNATIONALLY

Website and social media

We continue to work on updating our website, not just with information but with new technology to allow better engagement and interaction. We have made progress with our project to completely replace our website with a version meeting modern standards and hosting a wealth of information as well as using digital technology to allow us to connect better with the public and our subscribers.

We currently run a number of closed Facebook groups with over 30,000 members. These are strongly moderated. We have two public Facebook pages which allow us to share information very quickly with followers. Our Facebook pages have a combined following of over 10,000 followers. We also run an international Facebook group in collaboration with Empower ADD which has in excess of 13,000 followers. We also manage a twitter account @UK_ADHD with over 5,000 followers. We need to increase our access to core IT, web and social media skills, either through recruitment or suitable contracts.

PARTICIPATION IN PROJECTS AND RESEARCH

Through our contact with people affected by ADHD and their lived experience, our online groups, newsletter, Facebook page and email newsletter we assist in the understanding of lived experience of ADHD. We apply this knowledge through participation as partners in a number of multi-partner research projects. Our role is typically as Investigator responsible for Patient and Public Involvement. More crucially we are able to bring the patient's voice to the researcher. We also help with the dissemination of project outcomes. ADDiSS has been asked to participate in a significant number of UK and international research projects with leading universities, including:

- University College London
- Kings College London
- University of Oxford
- University of Newcastle
- University of Southampton
- University of Berne
- Hong Kong University
- University of Nottingham
- University of Huddersfield
- Radboud University, Netherlands

ADDISS is uniquely trusted to do this by researchers because of its deep, long-standing hands-on support for individuals and families affected by ADHD. Projects in which we are involved include research into

- the relationship between nutrition and ADHD
- how ADHD and obesity may interact
- sleep factors and ADHD
- crosstalk between genetics, immune activation/ inflammation, and microbiome
- pharmaceutical and non-pharmaceutical interventions
- ADHD and remote technology

ADDISS benefits financially through funding for these projects, but they are also significant in building long-term relationships with our partners and extending our knowledge through direct access to the detailed research results and informal knowledge generated.

ADDISS continues to participate in research projects that run from 2023-26

We are partners in several new funding approved projects with responsibility for patient participation.

- DISCA - Digital Sleep Support for Children with Attention Deficit/Hyperactivity Disorder (The DISCA)
- Research for Patient Benefit (RfPB) Programme: NIHR203035 – Comparing pharmacological and non-pharmacological interventions for adults with Attention Deficit/Hyperactivity Disorder (ADHD): systematic review and network metaanalysis
- Co-producing Implementation of RECOGNeyes in Schools (COIRS)
- Pharmacological and non-pharmacological interventions for adults with ADHD
- ATTENS - A multi-centre, blinded, randomized, parallel-group, phase IIb study to compare the efficacy of real versus sham external Trigeminal Nerve Stimulation (eTNS) on symptoms in youth with attention deficit hyperactivity disorder
- **ADHD Remote Technology and ADHD transition: predicting and preventing negative outcomes (ART-transition)**
- Timespan fostering improvements in risk stratification and of the treatments for patients with ADHD who also have a cardiometabolic disease. ADDISS will host a patient day in April 2025 sharing outcomes with patients
- Candy. Our overall goal is to improve the understanding of the crosstalk between genetics, immune activation/ inflammation, and microbiome, and thereby provide a compelling novel conceptual framework

Trustees' Name	Trustees' Role	Date Appointed/Co-Opted	Date Resigned
Mrs Jessica Hyams	Co-chair	20.02.2016	
Mrs Sharon O'Dell	Treasurer	12.03.2011	
Mrs Jenny Missen	Co-chair	12.03.2011	
Dr Rashmin C Tamhne	Secretary	12.03.2011	
Ernest Ambe	Trustee	12.09.2021	26.11.2024

Members of the Professional Advisory Board:

Prof. Eric Taylor
Prof. Peter Hill
Professor Phil Asherson
Dr Daphne Keen
Prof. Ian Wong
Paul Cooper PhD
Dr Nikos Myttas
Dr Paramala Santosh
Dr David Coghill
Dr Val Harpin
Prof. Amanda Kirby
Professor Chris Hollis
Dr Ulrich Muller-Sedgwick
Jane -Sedgwick-Muller
Dr Maite Ferrin

Trustees' responsibilities in relation to the financial statements

The A D D Information Services trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom accounting Standards (United Kingdom Generally Accepted Accounting Practice)

The law applicable to Charities in England and Wales requires Trustees to prepare financial statements for each year, which give a true and fair view of the situation of the charity and of the incoming resources and application of resources for that period. In preparing the financial statements the trustees are required to: -

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP
- make judgments 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 charity will continue in business.

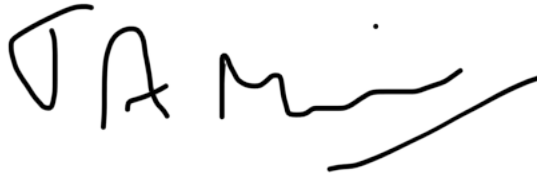
The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the charity and enable them to ensure that the financial statements comply with Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees declare that they have approved this report.

Full Name: Jennifer Missen

Position: Chair of Trustees

Signature:



Date: 27.01.2026

**A D D Information Services
Independent Examiner's Report
For the year ended 31st March 2025**

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Signature: 

Name: Dorota Platt

Date: 23/01/2026

Independent Examiner

Address: Community Barnet
SEIDS Hub, Empire Way, Wembley, HA9 0RJ

**A D D Information Services
Statement of Financial Activities
For the year ended 31st March 2025**

	Note s	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2025	2025	2025	2024
Income from:		£	£	£	£
Charitable Activities	2	61,860	-	61,860	127,073
Investments	3	<u>34</u>	<u>-</u>	<u>34</u>	<u>79</u>
Total Income		<u>61,894</u>	<u>-</u>	<u>61,894</u>	<u>127,152</u>
 Expenditure on:					
Charitable Activities	4	<u>(52,399)</u>	<u>(23,548)</u>	<u>(75,947)</u>	<u>(111,482)</u>
Total Expenditure		<u>(52,399)</u>	<u>(23,548)</u>	<u>(75,947)</u>	<u>(111,482)</u>
Net Income and (Expenditure) before transfers		9,495		(14,053)	15,670
Transfers		<u>-</u>	<u>4,558</u>	<u>-</u>	<u>-</u>
Net Income and (Expenditure)		9,495	4,558	(14,053)	15,670
 Reconciliation of Funds					
Total Funds Brought Forward		<u>28,801</u>	<u>7,149</u>	<u>29,804</u>	<u>29,804</u>
Total Funds Carried Forward		<u>38,296</u>	<u>11,707</u>	<u>15,751</u>	<u>45,474</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025

Statement of
Financial Activities
For the year ended
31st March 2025

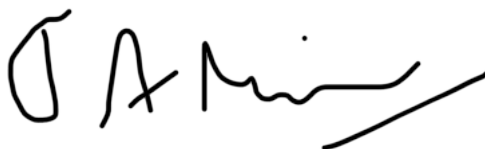
		2025		2024	
	Notes	£	£	£	£
Fixed Assets					
Investment	5		<u>25,000</u>		<u>25,000</u>
			25,000		25,000
Current Assets					
Cash at Hand and Bank		5,177		12,480	
Debtors	6	<u>3,000</u>		<u>21,696</u>	
		8,177		34,175	
Creditors: Amounts falling due within one year	7	<u>(6,981)</u>		<u>(13,702)</u>	
			<u>1,196</u>		<u>20,473</u>
			<u>26,196</u>		<u>45,474</u>
Restricted Funds	8		(56,008)		7,149
Unrestricted Funds	9		<u>52,152</u>		<u>38,325</u>
			<u>(3,856)</u>		<u>45,474</u>

The Trustees declare that they have approved this report.

Full Name: Jennifer Missen

Position: Chair of Trustees

Signature:



Date: 27.01.2026

**A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025**

Basis of accounting

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 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. After due consideration, it was concluded that no restatement of the comparatives was required.

The financial statements have been prepared on a going concern basis. In arriving at this conclusion, the trustees have taken into account any material uncertainties that may affect the charity's ability to continue as a going concern.

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources.
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Funds Structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the funder.

Income recognition

All income is recognised once the charity has entitled to the income, there is sufficient certainty or receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Donations represent voluntary amounts received during the year.

Expenditure recognition

Liabilities are recognized as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accrual's basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities.

**A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025**

1. ACCOUNTING POLICIES (continued)

Cash Flow Statement

The Charity has taken advantage of FRS 102 (Section 1A) which exempts small charities from preparing Cash Flow Statements.

Trade Debtors

Trade and other debtors are recognized at the settlement amount due. Prepayments are valued at the amount prepaid.

Trade Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Fixed Assets

Fixed Assets costing £250 or more are initially recorded at cost.

Depreciation

It is provided on tangible fixed assets to write off the cost or valuation, less any estimation residual value over their expected useful economic life as follows:

Plant and Machinery	33% reducing balance basis
Fixtures and Fittings	25% reducing balance basis

Investment

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025

2. Income from Charitable Activities

	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
	£	£	£	£
Behave	-	-	-	-
Eat 2 Be Nice	-	-	-	-
Base	-	-	-	-
Barnet CCG	-	-	-	-
Young Barnet Foundation	-	-	-	8,100
European Grants	-	-	-	9,970
Pears Foundation	-	-	8,500	8,500
Grant Income	12,731	-	12,731	
Contract Income	(769)	-	(769)	3,089
Donations and Gifts	3,507	-	3,507	10,424
Fundraising Income	1,325	-	1,325	
Other Income	82	-	82	9,301
Conference, Book Sales and Support Services	10,752	-	10,752	
Subscription		-	-	2,226
Consultancy and Training	34,230		34,230	65,468
National Lottery	-			9,994
Total	61,859	-	61,859	127,073

3. Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Bank Interest	34	0	79	79
	<u>34</u>	<u>0</u>	<u>79</u>	<u>79</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025

4. Total Expenditure on Charitable Activities

	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
	£	£	£	£
Publicity Costs	-	-	-	
Salaries	33,561	23,548	57,109	101,601
Other Direct Costs	13,238	-	22,000	3,279
Establishment Costs			20,093	19,508
Printing, posting and Stationery		-	449	
Travel and Subsistence	-	-	-	
Accountancy Fees	5,600	-	4,000	3,825
Governance	-	-	-	
	<u>52,399</u>	<u>23,548</u>	<u>75,947</u>	<u>128,213</u>

The rental expenditure for the Charity was donated and paid by ADD Information Services Ltd.

5. Investments held as Fixed Assets

	Investment in group and associated undertakings
	£
Market Value	
As at 1st April 2021 and 31st March 2025	<u>25,000</u>
Net book value	
As at 31st March 2025	<u>25,000</u>
As at 31st March 2024	<u>25,000</u>

All investment assets were held in the UK.

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025

The charity holds more than 20% of the share capital of the following company:

Subsidiary undertakings	Country of Incorporation	Principal Activity	Class	%
		Marketing of books and videos and the running of conferences on Attention Deficit Disorder Syndrome		
A D D Information Services Limited	England and Wales		Ordinary Shares	100

Subsidiary undertakings	Capital & Reserves	Profit/(loss) for the period
	£	£
A D D Information Services Limited	2,946	(22,054)

6. Debtors

	2025	2024
	£	£
Trade Debtors	13,401	34,175
	<u>13,401</u>	<u>34,175</u>

7. Creditors

	2025	2024
	£	£
Other Creditors	6,981	13,702
	<u>6,981</u>	<u>13,702</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2025

8. Restricted Funds

	At 1st April 2024	Incoming Resources	Resources Expended	At 31st March 2025
	£	£	£	£
Behave	1	-	-	
London Borough of Barnet	1	-	-	
Young Barnet Foundation	4,916			
Candy	10			
Contact a Family	158			
National Lottery	708 -			
Timespan	1355			
Total	<u>7149</u>	<u></u>	<u></u>	<u></u>

9. Unrestricted Funds

	At 1st April 2024	Incoming Resources	Resources Expended	At 31st March 2025
	£	£	£	£
General Funds	<u>28,801</u>	<u>23,548</u>	<u>(52,399)</u>	<u>(50)</u>

10. Related Parties

Controlling entity

The Charity is controlled by the trustees.

Related party transaction

At the balance sheet date, Mrs. J Missen and Mrs. O'Dell jointly owned on trust all the issue share capital of A D D Information Services Limited on behalf of A D D Information Services.

11. Employees Remuneration

The aggregate payroll cost of these were as follows:

	2025 £	2024 £
Wages and Salaries	52,261	60,092
Social Security	2,723	2,723
Pension	<u>2,125</u>	<u>2,125</u>
	<u>57,109</u>	<u>64,940</u>

No Trustees received any remuneration during the year.

No Employees were paid more than £60,000 this financial year.

ADD INFORMATION SERVICES

England & Wales - Charity number 1070827

Accounts



**A D D INFORMATION SERVICES
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2024**

Charity Number: 1070827

A D D Information Services Contents Page

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A D D Information Services Charity Information

Organisation Name: A D D Information Services

Organisation Address: 10th floor
Hyde House
London
NW9 6LH

Charity Number: 1070827

Bankers: Lloyds Bank
105-109 Station Road Middlesex
Edgware
HA8 7JL

Independent Examiner: Community Barnet
SEIDS Hub
Empire Way
Wembley
HA9 0RJ

A D D Information Services Trustees Report For the year ended 31st March 2024

Headlines

- **ADDISS is still here.**
- **Key sources of revenue have reduced**
- **The increase in adult diagnosis places a strain on organisations like ours**
- **Proving support to people waiting for diagnosis and treatment from the NHS remains a priority**
- **There is still much to do, and will be for the foreseeable future**
- **We need to continue the process of recovering our full financial and operational strength to move forward**
- **There are vital local and national actions that need to be taken *now***
- **Our understanding and experience of local, individual support gives us unique insight into what is needed at the national scale**
- **We are going on with our mission. About ADDISS**

Attention Deficit Disorder Information Services (ADDISS) is a registered charity dedicated to serving individuals and their families affected by the highly prevalent medical condition, Attention Deficit Hyperactivity Disorder (ADHD) and a wide range of comorbid conditions that either result from ADHD or have a greater impact because of ADHD.

Our purposes include:

-
- *ensuring that all individuals affected by ADHD receive the care and appropriate, treatment they need from schools, social services, mental health services and other organisations*
 - *promoting knowledge, understanding and positive attitudes towards ADHD in society*
 - *influencing practitioners and key decision-makers*
-

ADDISS works at both a national and local level in partnership with local support groups to provide information, training and support for parents, people with ADHD and professionals in the fields of ADHD and related learning and behavioural difficulties. What we learn from our local activities is vital to our own national strategy and to the challenges of ADHD generally.

A D D Information Services Trustees Report For the year ended 31st March 2024

We support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication and aim to help and support families in finding the most appropriate approach to intervention for their child or for an adult with ADHD.

Our work is supported and guided by its professional board of expert advisors.,

ADDISS in 2023-24: challenges, actions and achievements

ADDISS continues to face significant challenges but continues to deliver strong, effective support to ADHD individuals and the wider community as well as make limited progress on development work. However, dealing with day-to-day challenges for our clients and for the charity itself has limited how much medium-term development we have been able to undertake.

2023-24 was another difficult year but we were able to attract contracts from schools and local authorities mainly social services.. Pressure on NHS services continue to grow as we see a huge increase in referrals and very long waiting lists. . The current shortage in medication has put further pressures on children and families

Finances and fundraising

ADDISS remained active and solvent in the year, but our financial position continues to suffer while we rebuild following Covid19: we have not been able to deliver training courses and other services that normally provide significant income but this has improved in 2024.

Our rent and utilities are paid for by our trading subsidiary. This is mainly funded through our licenced training programme for professionals which has taken the biggest hit during lockdown and we have yet to get back to the level of income pre-pandemic. We are working on restoring this income. We took out a bounceback loan in 2020 which we are repaying on schedule.

However, these are short-term solutions and we recognise the considerable challenges that we face in the medium term, in common with many smaller charities. We are developing a strategy that will allow ADDISS to grow in key areas while maintaining the affordable and funded services we offer to people affected by ADHD and their families. The objective is to increase its capacity to improve the lives of people with ADHD as well as make ADDISS sustainable in the long term. This will include strengthening our infrastructure as well as developing and delivering support and services to more people.

Our funding sources in 2023-2024

Pears Foundation
Young Barnet Foundation – Space to Grow Fund
European project work
UK Research Projects
Individual donations and Fundraisers using the Just Giving Platform.
Subscriptions
Contracts with Schools and Local authorities
Coaching services
Psychotherapy Services
National Lottery

A D D Information Services Trustees Report For the year ended 31st March 2024

Our mission and vital objectives: what we do

- Achieving recognition of ADHD and advocacy for children and adults
- Providing clear and factually based information about ADHD to parents, teachers, social service professionals, healthcare professionals and policymakers
- Supporting a broad range of evidence-based interventions
- Working with professional and patient organisations in the fields of health, education and youth justice
- Providing access to advice for children, adults and families from knowledgeable peers

Our values: how we operate

These principles are essential to the way ADDISS operates and will underpin its new strategy.

- Collaborative
- Never giving up: persistence and resilience in supporting families through difficult and demanding circumstances
- Empathetic and compassionate while remaining objective
- Accuracy, completeness, objectivity, evidence-based
- Expert
- Positive about the value that ADHD people bring to all aspects of society if they have the support, they need
- Engaging and communicative with everyone affected by ADHD or involved in care and treatment of ADHD individuals
- and everyone who makes or influences policy about care for ADHD people

Our role in reducing the long-term effects of ADHD

The support and information that ADDISS provides aims to reduce the long-term impact of undiagnosed, misdiagnosed or untreated ADHD on:

- individuals
- families
- schools
- mental health and social services
- employers and colleagues
- children and adults.

ADHD is a significant cause of personal and social problems. Without adequate support and interventions or with incorrect diagnosis ADHD can result in:

- Wasted lives, unrealised potential
- Under-performance at school, unnecessary exclusion and reduced educational achievement
- Mental health problems
- Difficulties in making and sustaining relationships (with peers, teachers and family)
- Difficulties finding and keeping a job

A D D Information Services Trustees Report For the year ended 31st March 2024

Our role in reducing the long-term effects of ADHD (contd)

- Substance abuse, addictions, gambling, failed relationships
- Increasing involvement with the criminal justice system
- School to prison pipeline

ADDISS and ADHD now

ADDISS operates in a world in which understanding of ADHD is changing, but actual action to support individuals, families and the community is visibly lagging. That lag creates not only significant problems and pain for individuals and their families, but also puts unnecessary pressure on the community and on services and institutions. Equally distressing is the lost individual potential and loss to society of people with talent and energy who could be effective and happy if only the right type of support was available to all of them. Above all, ADDISS exists to close this gap and so benefit ADHD individuals and the communities they belong to personally and structurally.

It is estimated that between 3% and 7% of school age children in the UK have ADHD. The UK's National Institute for Clinical Excellence, (NICE), suggests that it affects 5% of the school-aged population. People do not 'grow out' of the condition and the majority of those children will continue to have significant problems dealing with their ADHD throughout adulthood and into old age. ADDISS directly supports people at all stages of their lives, including vital work to support families in crisis.

However, although there are lots of headlines about ADHD and more *apparent* public recognition, there is little commitment to action that would help in both the short and medium term.

There have been notable changes in the way professionals in healthcare, social or educational settings perceive ADHD as a distinct clinical entity, and the virtually universal acceptance of the need for an early diagnosis and management of this eminently treatable condition.

However, this is not evenly distributed across the UK and many people are not able to benefit from it. There is a drastic lack of service provision and support for families and individuals.

In the longer term, this represents massive loss of potential for society and the economy: the strengths and potential of ADHD people are lost through poor education, misdiagnosis, lack of service provision and misunderstanding among some medical professionals. The net effect is a large unnecessary additional financial burden on the public purse: some studies have estimated the cost to the UK could be £3.6bn (Demos; 2018 figure).

A D D Information Services Trustees Report For the year ended 31st March 2024

Positive signs ADDISS can build on

Given the high prevalence of ADHD, there is, however, a general acceptance amongst policymakers in the UK Government as to the economic and human cost associated with unrecognised or untreated ADHD, both personally on the lives of individuals in short- and long-term, and collectively on the society as a whole. Indeed, there is now a widely held consensus that undiagnosed, misdiagnosed and untreated ADHD can be a factor in youth crime, substance drug abuse and higher prevalence of self-harm.

External lobbying groups have ensured the Green paper for special educational needs provision recognises the needs of children with ADHD in the school setting.

ADDISS's challenge is to make sure that this thinking has an impact on the real lives of people affected by ADHD.

Our strategy for 2024-25 and onwards engages directly with these issues. Our main initiatives will be to:

- repair and strengthen our income
- the development of a national helpline and associated services able to provide significant support to people with ADHD and their families and carers, based on our existing telephone support service.

ADDISS and the ADHD challenge ahead

As long as ADHD continues to be overlooked in many areas of life and by many organisations, ADDISS will be an essential organisation.

- To people affected by ADHD and their families
- To schools
- To social services
- To the NHS and mental health services
- To policymakers

As the UK emerges from responding to the pandemic, it has become clear that the pressures on ADHD individuals and their families, as well as schools, employers and public services, has grown and that many ADHD-affected people have suffered severe mental health impacts. Health and social services for ADHD people have not been expanded to deal with the increased demand.

Picking up the pieces is beyond the capacity of any single one of the UK charities supporting ADHD work and, like all others involved in ADHD, ADDISS will need to review its activities and the use that it makes of its very stretched resources.

A D D Information Services Trustees Report For the year ended 31st March 2024

PRACTICAL SUPPORT

We continue to provide a part time helpline and related services.. We are delighted that our psychotherapist continues to be a part of our team, working part-time on a voluntary basis; supporting families and individuals on the helpline once a week giving in depth advice and support., He also delivers therapy and support for adults with ADHD, young people and their families. We have parent coaches on our team who work directly with parents and young people themselves offering strategies to manage their ADHD both in school and in the community.

It is essential that young people and adults with ADHD are able to access some of the treatment they need to improve their quality of life. However, this access is still extremely variable - between different parts of the country, different services, different professions and different views of what causes behaviour. Our work will hopefully enable many more people with ADHD to get the treatment they need – or ask for the specific appropriate help they need. - delivered to them within health services.

The views of our work are commonly expressed by the subscribers and users of ADDISS services - which include many thousands of children, young people, ADHD adults, parents and carers, and professionals from many fields. These professionals include teachers, psychiatrists, nursery nurses, psychologists, paediatricians, enlightened staff of the youth, police and prison services and many more. This growing group of ADHD affected, and ADHD-friendly people has influenced the work and direction of ADDISS over the 28 plus years since it was set up.

ADHD AWARENESS IN PROFESSIONS AND THROUGH SOCIETY

Many professionals are involved in the recognition, diagnosis, treatment and management of people affected by ADHD: GPs, nurses, psychotherapists, teachers, social workers, probation officers, police officers, prison staff and others. Some all very well informed but many have not had the opportunity to learn usefully and consistently about ADHD and its impact.

A key longer-term objective for ADDISS is to start addressing that information gap. We are working hard at supporting individuals and families, but often the context in which we provide that support is one of limited information or understanding among the different services and organisations they interact with. ADDISS is well positioned to address that gap based on both its knowledge of ADHD and its understanding of the lived experience of its members and clients.

This will form a major part of our strategy in the longer-term term once the organisation has recovered from the disruption to operations and funding resulting from the pandemic, and an improved helpline is firmly established.

A D D Information Services Trustees Report For the year ended 31st March 2024

Review of our activity and impact

UK-WIDE PRACTICAL SUPPORT FOR INDIVIDUALS

Helpline

The telephone helpline run by ADDISS is the only helpline providing specialist information and advice on ADHD in the UK which provides open access for everyone. Due to the lack of awareness around ADHD and the services available for sufferers, the ADDISS helpline is often the first, and sometimes only, port of call for individuals, or their parents, who suspect that they, or their children, have ADHD. It is still run with a skeleton staff, but the passion of the staff to give help and advice to those most in need make up for their small number.

As well as the helpline itself, we support families with letters to schools, attending tribunals and offering training to staff. This is time-consuming, resource-intensive but is a lifeline for the people we support in addition to receiving calls on the helpline, we also receive many enquiries via email. Given our limited resources we are unable to answer all. We have identified this as an area that needs more investment either in staff resources or improvement in our digital technology.

The main subjects of calls were:

Seeking a diagnosis: Calls from both parents and adults seeking a route to diagnosis are still by far the greatest number of calls. In the last couple of years we have seen an explosion in adult diagnosis and especially women in midlife. ADDISS provides advice and support: helping them navigate the system has been a lifeline for many.

Post Diagnosis: Most calls were from adults looking for Coaching, advice on Access to Work and asking for some kind of therapeutic help

Gaming addiction: An increasing problem in younger children especially during lockdown and one with little UK expertise.

Education: Many parents call us because their children's needs are not being properly met in school. They are misunderstood, mismanaged, and lack of staff training leads to inappropriate punishments and exclusions. ADDISS provides advice and support.

Online support groups

ADDISS runs a number of online support groups that meet weekly for the most part. These groups include ones for parents, parents of adult children with ADHD, adults affected by ADHD and dedicated groups for women and men.

A D D Information Services Trustees Report For the year ended 31st March 2024

LOCAL PRACTICAL SUPPORT

Support for ADHD in Barnet

ADDISS provides intensive hands-on support to families in Barnet. We work with families mainly in the Barnet area of North London. We aim to improve the life chances and outcomes for ADHD people and support their families and schools. Barnet is the second largest borough in London where 5000 children are living with ADHD of which only about 8% may have a formal diagnosis. Many families who have children with ADHD find that they have difficulty managing their children's behaviour and that their children are often socially isolated at school and in their local communities.

ADDISS also partners with Voluntary Sector organisations in the local area, such as Barnet SENDIASS, , the Young Barnet Foundation, Community Barnet and Inclusion Barnet.

Work with schools

We have been delivering a number of programmes in local primary schools for parents of children with ADHD. This has been funded by the Young Barnet Foundation.

Working with Childrens Services

As the only provider of specialist ADHD interventions, we have worked with Childrens Services in Barnet to provide input for complex families at risk where ADHD is a compounding factor. We have been providing intensive in the home support for families at risk of losing their children. WE have been involved in a number of child protection cases where we have been able to make great changes in the home and prevent children being taken into care.

Working with Families

In 2023 we again received funding from the National Lottery and the PEARS Foundation to deliver courses to teenagers newly diagnosed with ADHD

A grant from the Young Barnet Foundation Space to Grow project enabled us to continue supporting families in Barnet with support groups and parenting programmes.

A D D Information Services Trustees Report For the year ended 31st March 2024

MENTORING AND COACHING

Our staff have provided and continue to provide mentoring and coaching services to young teenagers with ADHD. We offer study strategies and psycho education to teenagers to help support their ADHD symptoms

We have been providing coaching services to adults with ADHD and to a number of adults through Access to Work funding.

ADVANCING KNOWLEDGE AND INFORMATION IN THE UK AND INTERNATIONALLY

Website and social media

Whilst the website has up until now been very helpful to the public, it needs updating, not just with information but with new technology to allow better engagement and interaction. We have begun a project to completely replace our website with a version meeting modern standards and hosting a wealth of information as well as using digital technology to allow us to connect better with the public and our subscribers. This is becoming an essential part of our work and we are urgently seeking funding to continue the development.

We currently run a number of closed Facebook groups with over 30,000 members. These are strongly moderated. We have two public Facebook pages which allow us to share information very quickly with followers. Our Facebook pages have a combined following of over 10,000 followers. We also run an international Facebook group in collaboration with Empower ADD which has in excess of 13,000 followers.

We also manage a twitter account @UK_ADHD with over 5,000 followers. We need to increase our access to core IT, web and social media skills, either through recruitment or suitable contracts.

PARTICIPATION IN PROJECTS AND RESEARCH

Through our contact with people affected by ADHD and their lived experience, our online groups, newsletter, Facebook page and email newsletter we assist in the understanding of lived experience of ADHD. We apply this knowledge through participation as partners in a number of multi-partner research projects. Our role is typically as Investigator responsible for Patient and Public Involvement.

A D D Information Services Trustees Report For the year ended 31st March 2024

PARTICIPATION IN PROJECTS AND RESEARCH (CONTD)

More crucially we able to bring the patients voice to the researcher, We also help with the dissemination of project outcomes. ADDISS has been asked to participate in a significant number of UK and international research projects with leading universities, including:

- University College London
- Kings College London
- University of Oxford
- University of Newcastle
- University of Southampton
- University of Berne
- Hong Kong University
- University of Nottingham
- University of Huddersfield
- Radboud University, Netherlands

ADDISS is uniquely trusted to do this by researchers because of its deep, long-standing hands-on support for individuals and families affected by ADHD. Projects in which we are involved include research into

- the relationship between nutrition and ADHD
- how ADHD and obesity may interact
- sleep factors and ADHD
- crosstalk between genetics, immune activation/ inflammation, and microbiome
- pharmaceutical and non-pharmaceutical interventions
- ADHD and remote technology

ADDISS benefits financially through funding for these projects, but they are also significant in building long-term relationships with our partners and extending our knowledge through direct access to the detailed research results and informal knowledge generated.

Specific projects of note

Eat2beNICE – A Horizon 20/20 Project

We are involved in an EU project run out of the Netherlands called Eat2beNICE which will investigate the effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing behaviours. Maladaptive impulsivity and compulsivity predispose to antisocial and addictive behaviours. Factors influencing those traits are not well understood, but diet, lifestyle, socioeconomic status (SES), sex, and heritability play pivotal roles.

A D D Information Services Trustees Report For the year ended 31st March 2024

Specific projects of note

Eat2beNICE – A Horizon 20/20 Project contd

The project aims (1) to identify nutrition and lifestyle drivers that can be employed to prevent detrimental impulsivity/compulsivity in males and females across the lifespan, (2) to characterize the etiologic paths leading to extreme behaviour, and (3) to promote policy changes to counteract maladaptive impulsivity/compulsivity by disseminating evidence-based information about health-related behaviours to families, clinicians, policy makers, and general public. We join experts from multiple disciplines across Europe to achieve this. This project came to an end in February 2023 <https://newbrainnutrition.com/>

CANDY – A Horizon 20/20 Project

The CANDY project kicked off in March 2020 and took place online as we in the UK and Europe went into lockdown. Neurodevelopmental conditions, such as autism, attention-deficit hyperactivity disorder (ADHD), and intellectual disability (ID) are clinically heterogeneous, often co-exist and they affect ~15% of the European population. They are also often associated with somatic illnesses (e.g. epilepsy, autoimmune and gastrointestinal disease) which can have a strong impact on the quality of life. The combination of ID and epilepsy in autism, for instance, is associated with a reduction in lifespan of ~ 20 years.

Currently, we lack effective new treatments for neurodevelopmental conditions and do not understand why they co-exist. There is hope, however. Recent evidence shows that certain genetic variants, which increase the risk for neurodevelopmental conditions, are shared between these conditions and affect the same biological pathways. Many of these variants impact synaptic plasticity (activity-dependent modification of synaptic transmission) and glutamate and GABA neurotransmission (i.e. excitatory and inhibitory (E/I) balance). The symptom profile and severity are likely also moderated by environmental factors acting at different time points (critical periods). Therefore, we are also investigating the role of early maternal immune activation and the gut microbiome. The interaction between host genetics and gut microbiome could clarify why carrying certain risk-conferring genetic variants only explains a part of the different symptom spectra that we see in neurodevelopmental conditions.

Our overall goal is to improve the understanding of the crosstalk between genetics, immune activation/ inflammation, and microbiome, and thereby provide a compelling novel conceptual framework. <https://www.candy-project.eu/> This project will end in June 2025

A D D Information Services Trustees Report For the year ended 31st March 2024

Timespan A Horizon 20/20 Project

Emerging evidence points at a significant association and shared genetic traits between adult attention-deficit / hyperactivity disorder (ADHD) and cardiometabolic conditions such as obesity, type 2 diabetes, and cardiovascular disease, which, when inadequately treated, can lead to adverse outcomes and significant costs for society. Various national guidelines on cardiometabolic disease already highlight the importance of concurrent psychiatric disorders, but there is a lack of knowledge around ADHD. This is problematic given that ADHD is a common, serious, and complex chronic condition among adults. This is where TIMESPAN steps in, fostering improvements in risk stratification and of the treatments for patients with ADHD who also have a cardiometabolic disease. This project will hold a patient day in April 2025 sharing outcomes with patients

<https://timespan.eu/>

1 2 3 Magic Research Project in Partnership with University College London

(A Randomised wait list controlled trial Evaluating 1-2-3 Magic and its Effectiveness on Families and Children with ADHD

Over 400 families applied to participate in the 1 2 3 Magic project with only enough spaces for 100 parents. This research took place throughout 2022 and 2023.

The research was conducted by PhD student Kirsty Wong. The outcomes were extremely positive showing that the programme is very effective for ADHD. The research has now been published in a number of scientific journals

New Research Projects ADDISS is participating in 2023-26

We are partners in several new funding approved projects with responsibility for patient participation.

- DISCA - Digital Sleep Support for Children with Attention Deficit/Hyperactivity Disorder (The DISCA
- Research for Patient Benefit (RfPB) Programme: NIHR203035 – Comparing pharmacological and non-pharmacological interventions for adults with AttentionDeficit/Hyperactivity Disorder (ADHD): systematic review and network metaanalysis
- Co-producing Implementation of RECOGNeyes in Schools (COIRS)
- Pharmacological and non-pharmacological interventions for adults with ADHD
- ATTENS - **A multi-centre, blinded, randomized, parallel-group, phase IIb study to compare the efficacy of real versus sham external Trigeminal Nerve Stimulation (eTNS) on symptoms in youth with Attention Deficit Hyperactivity Disorder**

**A D D Information Services
Trustees Report
For the year ended 31st March 2024**

- ADHD Remote Technology and ADHD transition: predicting and preventing negative outcomes (ART-transition**)**

Adolescence can be a challenging period for young people with ADHD, with major life transitions, new demands, and increased expectations. In the current study, we seek to examine young people with ADHD in their transition into adulthood using Remote Monitoring Technology (RMT). More specifically, we aim to examine the changes that takes places, what predicts these changes, and how can we prevent negative outcomes and support healthy lifestyles.

A D D Information Services Trustees Report For the year ended 31st March 2024

Reserves Policy

The Trustees continue to monitor the levels of reserves and ensure there is a surplus each year.

Financial Position

The Statement of Financial Activities shows £127,152 of Incoming Resources; compared to the previous year, the incoming resources were £94,553; it must be noted that the key funded sources are grants, which vary every year. The Expended Resources totalled £111,482, compared to £128,213 in the previous year. The level of expenditure reflects the organisation's ability to provide the required services in line with the objectives and the available level of resources. The Trustees continue to seek alternative funding whilst at the same time monitoring operational costs to ensure that the standards of the levels of service are maintained. The Trustees will increase their efforts to ensure the forthcoming year maintains reasonable results for the organisation.

The Board is mindful of the going concern issues that continue to affect the sector. The Board agrees the organisation will continue to operate as a going concern; however, measures were put in place to ensure that the organisation will only commit to expenditures funded by grants.

Operations, income and reserves were significantly negatively impacted by the Covid pandemic. Our existing and potential funders were also affected, and there may be a reduction in the amount of grant funding available in the short term.

The Trustees and management have put in place a recovery plan that covers diversifying our range of funders and rebuilding the contribution from trading income from the charity's associated company. We are also implementing significant temporary cost savings that can be maintained until our income is restored. We aim to stabilise our reserves over the next twelve months.

**A D D Information Services
Trustees Report
For the year ended 31st March 2024**

Trustees' Name	Trustees' Role	Date Appointed/Co-Opted	Date Resigned
Mrs Jessica Hyams	Co chair	20.02.2016	
Mrs Sharon O'Dell	Treasurer	12.03.2011	
Mrs Bernadette Ashton	Secretary	11.06.2016	29.03.2023
Mrs Jenny Missen	Co chair	12.03.2011	
Dr Rashmin C Tamhne	Trustee	12.03.2011	
Paul Mann	Trustee	07.11.2021	09.08.2022
Philip Anderton PhD	Trustee	12.09.2021	14.12.2023
Ernest Ambe	Trustee	12.09.2021	
Hugh Look	Trustee	08.05.2022	16.02.2023

Members of the Professional Advisory Board:

Prof. Eric Taylor

Prof. Peter Hill

Dr Daphne Keen

Prof. Jeremy Turk

Prof. Ian Wong

Paul Cooper PhD

Dr Nikos Myttas

Dr Paramala Santosh

Dr David Coghill

Dr Val Harpin

Prof. Amanda Kirby

Professor Chris Hollis

Dr Ulrich Muller-Sedgwick

Jane -Sedgwick-Muller

Dr Maite Ferrin

A D D Information Services Trustees Report For the year ended 31st March 2024

Trustees' responsibilities in relation to the financial statements

The A D D Information Services trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom accounting Standards (United Kingdom Generally Accepted Accounting Practice)

The law applicable to Charities in England and Wales requires Trustees to prepare financial statements for each year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources for that period. In preparing the financial statements the trustees are required to: -

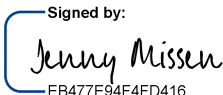
- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the 'going concern' basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees declare that they have approved this report.

Full Name: Jenny Missen

Position: Chair

Signature:  Signed by:
Date: EB477E94F4FD416...

1/31/2025

A D D Information Services Independent Examiner's Report For the year ended 31st March 2024

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Signature: Keisha Chidziva

Name: Keisha Chidziva

Date: 30/01/2025

Professional Qualification: BSc Applied Accounting

Address: Community Barnet
SEIDS Hub, Empire Way, Wembley, HA9 0RJ

A D D Information Services
Statement of Financial Activities
For the year ended 31st March 2023

	Note s	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2024	2024	2024	2023
		£	£	£	£
Income from:					
Charitable Activities	2	90,508	36,564	127,073	94,542
Investments	3	79	-	79	11
Total Income		<u>90,588</u>	<u>36,564</u>	<u>127,152</u>	<u>94,553</u>
 Expenditure on:					
Charitable Activities	4	(81,063)	(30,418)	(111,482)	(128,213)
Total Expenditure		<u>(81,063)</u>	<u>(30,418)</u>	<u>(111,482)</u>	<u>(128,213)</u>
Net Income and (Expenditure) before transfers		9,524	6,146	15,670	(33,659)
Transfers		-	-	-	-
Net Income and (Expenditure)		9,524	6,146	15,670	(33,659)
Reconciliation of Funds					
Total Funds Brought Forward		<u>28,801</u>	<u>1,003</u>	<u>29,804</u>	<u>63,463</u>
Total Funds Carried Forward		<u>38,325</u>	<u>7,149</u>	<u>45,474</u>	<u>29,804</u>

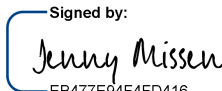
A D D Information Services
Balance Sheet
as at 31st March 2024

		2024		2023	
	Notes	£	£	£	£
Fixed Assets					
Investment	5		<u>25,000</u>		<u>25,000</u>
			25,000		25,000
Current Assets					
Cash at Hand and Bank		12,480		12,204	
Debtors	6	<u>21,696</u>		<u>8,625</u>	
		34,175		20,829	
Creditors: Amounts falling due within one year	7	<u>(13,702)</u>		<u>(16,026)</u>	
			<u>20,473</u>		<u>4,803</u>
			<u>45,474</u>		<u>29,804</u>
Restricted Funds	8		7,149		1,003
Unrestricted Funds	9		<u>38,325</u>		<u>28,801</u>
			<u>45,474</u>		<u>29,804</u>

The Trustees declare that they have approved this report.

Full Name: Jenny Missen

Position: Chair

Signature:  Signed by:
 Date: EB477E94F4FD416...

1/31/2025

A D D Information Services

Notes to the Financial Statements

For the year ended 31st March 2024

Basis of accounting

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 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. After due consideration, it was concluded that no restatement of the comparatives was required.

The financial statements have been prepared on a going concern basis. In arriving at this conclusion, the trustees have taken into account any material uncertainties that may affect the charity's ability to continue as a going concern.

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Funds Structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the funder.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty or receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Donations represent voluntary amounts received during the year.

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities.



A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2024

1. ACCOUNTING POLICIES (continued)

Cash Flow Statement

The Charity has taken advantage of FRS 102 (Section 1A) which exempts small charities from preparing Cash Flow Statements.

Trade Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Trade Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Fixed Assets

Fixed Assets costing £250 or more are initially recorded at cost.

Depreciation

It is provided on tangible fixed assets to write off the cost or valuation, less any estimation residual value over their expected useful economic life as follows:

Plant and Machinery	33% reducing balance basis
Fixtures and Fittings	25% reducing balance basis

Investment

Fixed Asset investments are stated at cost less diminution in value

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2024

2. Income from Charitable Activities

	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
	£	£	£	£
Behave	-	-	-	-
Eat 2 Be Nice	-	-	-	-
Base	-	-	-	-
Barnet CCG	-	-	-	-
Young Barnet Foundation	-	8,100	8,100	1,000
European Grants	-	9,970	9,970	4,239
Pears Foundation	-	-	-	-
Contact a Family	-	8,500	8,500	8,500
Grant Income	-	-	-	(25)
Contract Income	3,089	-	3,089	10,000
Donations and Gifts	10,424	-	10,424	11,090
Fundraising Income	-	-	-	1,527
Other Income	9,301	-	9,301	7
Conference, Book Sales and Support Services	-	-	-	8,224
Subscription	2,226	-	2,226	3,989
Consultancy and Training	65,468	-	65,468	45,990
National Lottery	-	9,994	9,994	-
Total	90,508	36,564	127,073	94,542

3. Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Bank Interest	79	0	79	11
	79	0	79	11

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2024

4. Total Expenditure on Charitable Activities

	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
	£	£	£	£
Publicity Costs	-	-	-	
Salaries	36,683	28,258	64,940	101,601
Other Direct Costs	22,000	-	22,000	3,279
Establishment Costs	17,932	2,161	20,093	19,508
Printing, posting and Stationery	449	-	449	
Travel and Subsistence	-	-	-	
Accountancy Fees	4,000	-	4,000	3,825
Governance	-	-	-	
	<u>81,063</u>	<u>30,418</u>	<u>111,481</u>	<u>128,213</u>

The rental expenditure for the Charity was donated and paid by ADD Information Services Ltd.

5. Investments held as Fixed Assets

	Investment in group and associated undertakings
	£
Market Value	
As at 1st April 2021 and 31st March 2023	<u>25,000</u>
Net book value	
As at 31st March 2023	<u>25,000</u>
As at 31st March 2022	<u>25,000</u>

All investment assets were held in the UK.

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2024

The charity holds more than 20% of the share capital of the following company:

Subsidiary undertakings	Country of Incorporation	Principal Activity	Class	%
		Marketing of books and videos and the running of conferences on Attention Deficit Disorder Syndrome		
A D D Information Services Limited	England and Wales		Ordinary Shares	100

Subsidiary undertakings	Capital & Reserves	Profit/(loss) for the period
	£	£
A D D Information Services Limited	2,946	(22,054)

6. Debtors

	2024	2023
	£	£
Trade Debtors	34,175	20,829
	<u>34,175</u>	<u>20,829</u>

7. Creditors

	2024	2023
	£	£
Other Creditors	13,702	16,026
	<u>13,702</u>	<u>16,026</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2024

8. Restricted Funds

	At 1st April 2023	Incoming Resources	Resources Expended	At 31st March 2024
	£	£	£	£
Behave	1	-	-	1
London Borough of Barnet	1	-	-	1
Young Barnet Foundation	1,000	8,100	(4,184)	4,916
Candy	-	3,186	(3,176)	10
Contact a Family	1	8,500	(8,343)	158
National Lottery	-	9,994	(9,286)	708
Timespan	-	6,784	(5,429)	1,355
Total	1,003	36,564	(15,703)	7,149

9. Unrestricted Funds

	At 1st April 2023	Incoming Resources	Resources Expended	At 31st March 2024
	£	£	£	£
General Funds	28,801	90,588	(81,063)	38,325

10. Related Parties

Controlling entity

The Charity is controlled by the trustees.

Related party transaction

At the balance sheet date, Mrs. J Missen and Mrs. O'Dell jointly owned on trust all the issue share capital of A D D Information Services Limited on behalf of A D D Information Services.

11. Employees Remuneration

The aggregate payroll cost of these were as follows:

	2024	2023
	£	£
Wages and Salaries	60,092	95,821
Social Security	2,723	3523
Pension	2,125	2257
	64,940	101,601

No Trustees received any remuneration during the year.

No Employees were paid more than £60,000 this financial year.

ADD INFORMATION SERVICES

England & Wales - Charity number 1070827

Accounts

**A D D INFORMATION SERVICES
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2023**

A D D Information Services Contents Page

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Balance Sheet	21
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A D D Information Services Charity Information

Organisation Name: A D D Information Services

Organisation Address: 10th floor
Hyde House
London
NW9 6LH

Charity Number: 1070827

Bankers: Lloyds Bank
105-109 Station Road Middlesex
Edgware
HA8 7JL

Independent Examiner: Community Barnet
SEIDS Hub
Empire Way
Wembley
HA9 0RJ

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Headlines

- ADDISS is still here. We have survived the immediate pressures of the Covid-19 crisis but this year has been challenging because of the aftermath
- Key sources of revenue have reduced
- The follow-on from the crisis continues to create even more issues for the people affected by ADHD
- Proving support to people waiting for diagnosis and treatment from the NHS remains a priority
- The crisis has highlighted how much there is still to do, and will be for the foreseeable future
- We need to continue the process of recovering our full financial and operational strength to move forward
- There are vital local and national actions that need to be taken *now*
- Our understanding and experience of local, individual support gives us unique insight into what is needed at the national scale
- We are going on with our mission. About ADDISS

Attention Deficit Disorder Information Services (ADDISS) is a registered charity dedicated to serving individuals and their families affected by the highly prevalent medical condition, Attention Deficit Hyperactivity Disorder (ADHD) and a wide range of comorbid conditions that either result from ADHD or have a greater impact because of ADHD.

Our purposes include:

-
- *ensuring that all individuals affected by ADHD receive the care and appropriate, treatment they need from schools, social services, mental health services and other organisations*
 - *promoting knowledge, understanding and positive attitudes towards ADHD in society*
 - *influencing practitioners and key decision-makers*
-

ADDISS works at both a national and local level in partnership with local support groups to provide information, training and support for parents, people with ADHD and professionals in the fields of ADHD and related learning and behavioural difficulties. What we learn from our local activities is vital to our own national strategy and to the challenges of ADHD generally.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

We support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication and aim to help and support families in finding the most appropriate approach to intervention for their child or for an adult with ADHD.

Our work is supported and guided by its professional board of expert advisors.,

ADDISS in 2022-23: challenges, actions and achievements

In 2022-23 ADDISS was faced with significant challenges but continued to deliver strong, effective support to ADHD individuals and the wider community as well as make limited progress on development work. However, dealing with day-to-day challenges for our clients and for the charity itself has limited how much medium-term development we have been able to undertake.

2022-23 was another difficult year but we were able to attract contracts from schools and local authorities. Funding for post COVID work was available and this allowed us to provide regular online support for families and adults with ADHD. For people with ADHD and their families the pandemic and lockdown created new pressures, often intense, that affected mental health, education and employment. Pressure on NHS services continue to grow as we see a huge increase in referrals and very long waiting lists. . The current shortage in medication has put further pressures on children and families

Finances and fundraising

ADDISS remained active and solvent in the year, but our financial position continues to suffer because of Covid19: we have not been able to deliver training courses and other services that normally provide significant income.

Our rent and utilities are paid for by our trading subsidiary. This is mainly funded through our licenced training programme for professionals which has taken the biggest hit during lockdown and we have yet to get back to the level of income pre-pandemic. We are working on restoring this income. We took out a bounceback loan in 2020 which we are repaying on schedule.

However, these are short-term solutions and we recognise the considerable challenges that we face in the medium term, in common with many smaller charities. We are developing a strategy that will allow ADDISS to grow in key areas while maintaining the affordable and funded services we offer to people affected by ADHD and their families. The objective is to increase its capacity to improve the lives of people with ADHD as well as make ADDISS sustainable in the long term. This will include strengthening our infrastructure as well as developing and delivering support and services to more people.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Our funding sources in 2022-2023

Pears Foundation
Young Barnet Foundation – Space to Grow Fund
European project work
UK Research Projects
Individual donations and Fundraisers using the Just Giving Platform and Facebook Giving.
Subscriptions
Contracts with Schools and Local authorities
Coaching services
Psychotherapy Services
National Lottery

Our mission and vital objectives: what we do

- Achieving recognition of ADHD and advocacy for children and adults
- Providing clear and factually based information about ADHD to parents, teachers, social service professionals, healthcare professionals and policymakers
- Supporting a broad range of evidence-based interventions
- Working with professional and patient organisations in the fields of health, education and youth justice
- Providing access to advice for children, adults and families from knowledgeable peers

Our values: how we operate

These principles are essential to the way ADDISS operates and will underpin its new strategy.

- Collaborative
- Never giving up: persistence and resilience in supporting families through difficult and demanding circumstances
- Empathetic and compassionate while remaining objective
- Accuracy, completeness, objectivity, evidence-based
- Expert
- Positive about the value that ADHD people bring to all aspects of society if they have the support, they need
- Engaging and communicative with everyone affected by ADHD or involved in care and treatment of ADHD individuals
- and everyone who makes or influences policy about care for ADHD people

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

Our role in reducing the long-term effects of ADHD

The support and information that ADDISS provides aims to reduce the long-term impact of undiagnosed, misdiagnosed or untreated ADHD on:

- individuals
- families
- schools
- mental health and social services
- employers and colleagues
- children and adults.

ADHD is a significant cause of personal and social problems. Without adequate support and interventions or with incorrect diagnosis ADHD can result in:

- Wasted lives, unrealised potential
- Under-performance at school, unnecessary exclusion and reduced educational achievement
- Mental health problems
- Difficulties in making and sustaining relationships (with peers, teachers and family)
- Difficulties finding and keeping a job
- Substance abuse, addictions, gambling, failed relationships
- Increasing involvement with the criminal justice system

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

ADDISS and ADHD now

ADDISS operates in a world in which understanding of ADHD is changing, but actual action to support individuals, families and the community is visibly lagging. That lag creates not only significant problems and pain for individuals and their families, but also puts unnecessary pressure on the community and on services and institutions. Equally distressing is the lost individual potential and loss to society of people with talent and energy who could be effective and happy if only the right type of support was available to all of them. Above all, ADDISS exists to close this gap and so benefit ADHD individuals and the communities they belong to personally and structurally.

It is estimated that between 3% and 7% of school age children in the UK have ADHD. The UK's National Institute for Clinical Excellence, (NICE), suggests that it affects 5% of the school-aged population. People do not 'grow out' of the condition and the majority of those children will continue to have significant problems dealing with their ADHD throughout adulthood and into old age. ADDISS directly supports people at all stages of their lives, including vital work to support families in crisis.

However, although there are lots of headlines about ADHD and more *apparent* public recognition, there is little commitment to action that would help in both the short and medium term.

There have been notable changes in the way professionals in healthcare, social or educational settings perceive ADHD as a distinct clinical entity, and the virtually universal acceptance of the need for an early diagnosis and management of this eminently treatable condition.

However, this is not evenly distributed across the UK and many people are not able to benefit from it. There is a drastic lack of service provision and support for families and individuals.

In the longer term, this represents massive loss of potential for society and the economy: the strengths and potential of ADHD people are lost through poor education, misdiagnosis, lack of service provision and misunderstanding among some medical professionals. The net effect is a large unnecessary additional financial burden on the public purse: some studies have estimated the cost to the UK could be £3.6bn (Demos; 2018 figure).

Positive signs ADDISS can build on

Given the high prevalence of ADHD, there is, however, a general acceptance amongst policymakers in the UK Government as to the economic and human cost associated with unrecognised or untreated ADHD, both personally on the lives of individuals in short- and long- term, and collectively on the society as a whole. Indeed, there is now a widely held consensus that undiagnosed, misdiagnosed and untreated ADHD can be a factor in youth crime, substance drug abuse and higher prevalence of self-harm.

External lobbying groups have ensured the Green paper for special educational needs provision recognises the needs of children with ADHD in the school setting.

ADDISS's challenge is to make sure that this thinking has an impact on the real lives of people affected by ADHD.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Our strategy for 2023-24 and onwards engages directly with these issues. Our main initiatives will be to:

- repair and strengthen our income
- the development of a national helpline and associated services able to provide significant support to people with ADHD and their families and carers, based on our existing telephone support service.

ADDISS and the ADHD challenge ahead

As long as ADHD continues to be overlooked in many areas of life and by many organisations, ADDISS will be an essential organisation.

- To people affected by ADHD and their families
- To schools
- To social services
- To the NHS and mental health services
- To policymakers

As the UK emerges from responding to the pandemic, it has become clear that the pressures on ADHD individuals and their families, as well as schools, employers and public services, has grown and that many ADHD-affected people have suffered severe mental health impacts. Health and social services for ADHD people have not been expanded to deal with the increased demand.

Picking up the pieces is beyond the capacity of any single one of the UK charities supporting ADHD work and, like all others involved in ADHD, ADDISS will need to review its activities and the use that it makes of its very stretched resources.

PRACTICAL SUPPORT

We continue to provide a helpline and related services.. We are delighted that our psychotherapist continues to be a part of our team, working part-time on a voluntary basis; supporting families and individuals on the helpline once a week giving in depth advice and support., He also delivers therapy and support for adults with ADHD, young people and their families. We have parent coaches on our team who work directly with parents and young people themselves offering strategies to manage their ADHD both in school and in the community.

It is essential that young people and adults with ADHD are able to access some of the treatment they need to improve their quality of life. However, this access is still extremely variable - between different parts of the country, different services, different professions and different views of what causes behaviour. Our work will hopefully enable many more people with ADHD to get the treatment they need – or ask for the specific appropriate help they need. - delivered to them within health services.

The views of our work are commonly expressed by the subscribers and users of ADDISS services - which include many thousands of children, young people, ADHD adults, parents

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

and carers, and professionals from many fields. These professionals include teachers, psychiatrists, nursery nurses, psychologists, paediatricians, enlightened staff of the youth, police and prison services and many more. This growing group of ADHD affected, and ADHD-friendly people has influenced the work and direction of ADDISS over the 27 plus years since it was set up.

ADHD AWARENESS IN PROFESSIONS AND THROUGH SOCIETY

Many professionals are involved in the recognition, diagnosis, treatment and management of people affected by ADHD: GPs, nurses, psychotherapists, teachers, social workers, probation officers, police officers, prison staff and others. Some all very well informed but many have not had the opportunity to learn usefully and consistently about ADHD and its impact.

A key longer-term objective for ADDISS is to start addressing that information gap. We are working hard at supporting individuals and families, but often the context in which we provide that support is one of limited information or understanding among the different services and organisations they interact with. ADDISS is well positioned to address that gap based on both its knowledge of ADHD and its understanding of the lived experience of its members and clients.

This will form a major part of our strategy in the longer-term term once the organisation has recovered from the disruption to operations and funding resulting from the pandemic, and an improved helpline is firmly established.

Review of our activity and impact

UK-WIDE PRACTICAL SUPPORT FOR INDIVIDUALS

Helpline

The telephone helpline run by ADDISS is the only helpline providing specialist information and advice on ADHD in the UK which provides open access for everyone. Due to the lack of awareness around ADHD and the services available for sufferers, the ADDISS helpline is often the first, and sometimes only, port of call for individuals, or their parents, who suspect that they, or their children, have ADHD. It is still run with a skeleton staff, but the passion of the staff to give help and advice to those most in need make up for their small number.

As well as the helpline itself, we support families with letters to schools, attending tribunals and offering training to staff. This is time-consuming, resource-intensive but is a lifeline for the people we support in addition to receiving calls on the helpline, we also receive many enquiries via email. Given our limited resources we are unable to answer all.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

We have identified this as an area that needs more investment either in staff resources or improvement in our digital technology.

The main subjects of calls were:

Seeking a diagnosis: Calls from both parents and adults seeking a route to diagnosis are now by far the greatest number of calls. In the last couple of years we have seen an explosion in adult diagnosis and especially women in midlife. ADDISS provides advice and support: helping them navigate the system has been a lifeline for many.

Gaming addiction: An increasing problem in younger children especially during lockdown and one with little UK expertise. This is typical of the areas where ADDISS can make a difference by collecting information from specialist and experts internationally as well as in the UK to provide a resource base for practitioners.

Education: Many parents call us because their children's needs are not being properly met in school. They are misunderstood, mismanaged, and lack of staff training leads to inappropriate punishments and exclusions. ADDISS provides advice and support.

Online support groups

ADDISS runs a number of online support groups that meet weekly for the most part. These groups include ones for parents, parents of adult children with ADHD, adults affected by ADHD and dedicated groups for women and men. Each group has attendance cap of 20 people; 160 people are registered for the women's' group.

LOCAL PRACTICAL SUPPORT

Support for ADHD in Barnet

ADDISS provides intensive hands-on support to families in Barnet. We work with families mainly in the Barnet area of North London. We aim to improve the life chances and outcomes for ADHD people and support their families and schools. Barnet is the second largest borough in London where 5000 children are living with ADHD of which only about 8% may have a formal diagnosis. Many families who have children with ADHD find that they have difficulty managing their children's behaviour and that their children are often socially isolated at school and in their local communities.

ADDISS also partners with Voluntary Sector organisations in the local area, such as Barnet SENDIASS, Mencap, the Young Barnet Foundation, Community Barnet and Inclusion Barnet.

Work with schools

We were commissioned by a local secondary school to deliver ADHD coaching and mentoring services for three days across two sites. In addition to this the school sent a number of challenging children to spend a week with us at ADDISS over the course of the year. This was as an alternative to sending them to the Pupil referral Unit. They worked really hard and achieved well in an environment more suited to their impairments. WE have delivered a number of workshops in local schools for teachers.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Working with Childrens Services

As the only provider of specialist ADHD interventions, we have worked with Childrens Services in Barnet to provide input for complex families at risk where ADHD is a compounding factor.

In 2022 we again received funding from the Young Barnet Foundation Space to Grow project to continue supporting families in Barnet.

A key part of our new strategy will be to take the lessons from supporting ADHD families in Barnet and see how they can be applied nationally by supporting organisations providing similar services elsewhere.

Mentoring and Coaching

Our staff have provided and continue to provide mentoring and coaching services to young teenagers with ADHD. We offer study strategies and psycho education to teenagers to help support their ADHD symptoms

ADVANCING KNOWLEDGE AND INFORMATION IN THE UK AND INTERNATIONALLY

Website and social media

Whilst the website has up until now been very helpful to the public, it needs updating, not just with information but with new technology to allow better engagement and interaction. We have begun a project to completely replace our website with a version meeting modern standards and hosting a wealth of information as well as using digital technology to allow us to connect better with the public and our subscribers. This is becoming an essential part of our work and we are urgently seeking funding to continue the development.

We currently run a number of closed Facebook groups with over 30,000 members. These are strongly moderated. We have two public Facebook pages which allow us to share information very quickly with followers. Our Facebook pages have a combined following of over 10,000 followers. We also run an international Facebook in collaboration with Empower ADD which has in excess of 13000 followers.

We also manage a twitter account @UK_ADHD with over 5,000 followers, We need to increase our access to core IT, web and social media skills, either through recruitment or suitable contracts.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

PARTICIPATION IN PROJECTS AND RESEARCH

Through our contact with people affected by ADHD and their lived experience, our online groups, newsletter, Facebook page and email newsletter we assist in the understanding of lived experience of ADHD. We apply this knowledge through participation as partners in a number of multi-partner research projects. Our role is typically as Investigator responsible for patient participation. More crucially we able to bring the patients voice to the researcher, We also help with the dissemination of project outcomes. ADDISS has been asked to participate in a significant number of UK and international research projects with leading universities, including:

- University College London
- Kings College London
- University of Oxford
- University of Newcastle
- University of Southampton
- University of Berne
- Hong Kong University
- University of Nottingham
- University of Huddersfield
- Radboud University, Netherlands

ADDISS is uniquely trusted to do this by researchers because of its deep, long-standing hands-on support for individuals and families affected by ADHD. Projects in which we are involved include research into

- the relationship between nutrition and ADHD
- how ADHD and obesity may interact
- sleep factors and ADHD
- crosstalk between genetics, immune activation/ inflammation, and microbiome
- pharmaceutical and non-pharmaceutical interventions
- ADHD and remote technology

ADDISS benefits financially through funding for these projects, but they are also significant in building long-term relationships with our partners and extending our knowledge through direct access to the detailed research results and informal knowledge generated.

A D D Information Services Trustees Report For the year ended 31st March 2023

Specific projects of note

Eat2beNICE – A Horizon 20/20 Project

We are involved in an EU project run out of the Netherlands called Eat2beNICE which will investigate the effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing behaviours. Maladaptive impulsivity and compulsivity predispose to antisocial and addictive behaviours. Factors influencing those traits are not well understood, but diet, lifestyle, socioeconomic status (SES), sex, and heritability play pivotal roles. The project aims (1) to identify nutrition and lifestyle drivers that can be employed to prevent detrimental impulsivity/compulsivity in males and females across the lifespan, (2) to characterize the etiologic paths leading to extreme behaviour, and (3) to promote policy changes to counteract maladaptive impulsivity/compulsivity by disseminating evidence-based information about health-related behaviours to families, clinicians, policy makers, and general public. We join experts from multiple disciplines across Europe to achieve this. This project came to an end in February 2023 <https://newbrainnutrition.com/>

CANDY – A Horizon 20/20 Project

The CANDY project kicked off in March 2020 and took place online as we in the UK and Europe went into lockdown. Neurodevelopmental conditions, such as autism, attention-deficit hyperactivity disorder (ADHD), and intellectual disability (ID) are clinically heterogeneous, often co-exist and they affect ~15% of the European population. They are also often associated with somatic illnesses (e.g. epilepsy, autoimmune and gastrointestinal disease) which can have a strong impact on the quality of life. The combination of ID and epilepsy in autism, for instance, is associated with a reduction in lifespan of ~ 20 years.

Currently, we lack effective new treatments for neurodevelopmental conditions and do not understand why they co-exist. There is hope, however. Recent evidence shows that certain genetic variants, which increase the risk for neurodevelopmental conditions, are shared between these conditions and affect the same biological pathways. Many of these variants impact synaptic plasticity (activity-dependent modification of synaptic transmission) and glutamate and GABA neurotransmission (i.e. excitatory and inhibitory (E/I) balance). The symptom profile and severity are likely also moderated by environmental factors acting at different time points (critical periods). Therefore, we are also investigating the role of early maternal immune activation and the gut microbiome. The interaction between host genetics and gut microbiome could clarify why carrying certain risk-conferring genetic variants only explains a part of the different symptom spectra that we see in neurodevelopmental conditions.

Our overall goal is to improve the understanding of the crosstalk between genetics, immune activation/ inflammation, and microbiome, and thereby provide a compelling novel conceptual framework. <https://www.candy-project.eu/>

A D D Information Services Trustees Report For the year ended 31st March 2023

Timespan A Horizon 20/20 Project

Emerging evidence points at a significant association and shared genetic traits between adult attention-deficit / hyperactivity disorder (ADHD) and cardiometabolic conditions such as obesity, type 2 diabetes, and cardiovascular disease, which, when inadequately treated, can lead to adverse outcomes and significant costs for society. Various national guidelines on cardiometabolic disease already highlight the importance of concurrent psychiatric disorders, but there is a lack of knowledge around ADHD. This is problematic given that ADHD is a common, serious, and complex chronic condition among adults. This is where TIMESPAN steps in, fostering improvements in risk stratification and of the treatments for patients with ADHD who also have a cardiometabolic disease.

<https://timespan.eu/>

1 2 3 Magic Research Project in Partnership with University College London

(A Randomised wait list controlled trial Evaluating 1-2-3 Magic and its Effectiveness on Families and Children with ADHD

Over 400 families applied to participate in the 1 2 3 Magic project with only enough spaces for 100 parents. This research took place throughout 2022 and 2023.

The research was conducted by PhD student Kirsty Wong. The outcomes were extremely positive showing that the programme is very effective for ADHD. The research has now been published in a number of scientific journals

New Research Projects ADDISS is participating in 2022-24

We are partners in several new funding approved projects with responsibility for patient participation.

- DISCA - Digital Sleep Support for Children with Attention Deficit/Hyperactivity Disorder (The DISCA
- Research for Patient Benefit (RfPB) Programme: NIHR203035 – Comparing pharmacological and non-pharmacological interventions for adults with AttentionDeficit/Hyperactivity Disorder (ADHD): systematic review and network metaanalysis
- Co-producing Implementation of RECOGNeyes in Schools (COIRS)
- Pharmacological and non-pharmacological interventions for adults with ADHD
- ATTENS - **A multi-centre, blinded, randomized, parallel-group, phase IIb study to compare the efficacy of real versus sham external Trigeminal Nerve Stimulation (eTNS) on symptoms in youth with Attention Deficit Hyperactivity Disorder**

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Reserves Policy

The Trustees continue to monitor the levels of reserves and ensure there is a surplus each year.

Financial Position

The Statement of Financial Activities shows £94,553 of Incoming Resources; compared to the previous year, the incoming resources were £174,990; it must be noted that the key funded sources are grants, which vary every year. The Expended Resources totalled £128,213 compared to £188,158 in the previous year. The level of expenditure reflects the organisation's ability to provide the required services in line with the objectives and the available level of resources. The Trustees continue to seek alternative funding whilst at the same time monitoring operational costs to ensure that the standards of the levels of service are maintained. The Trustees will increase their efforts to ensure the forthcoming year maintains reasonable results for the organisation.

The Board is mindful of the going concern issues that continue to affect the sector. The Board agrees the organisation will continue to operate as a going concern; however, measures were put in place to ensure that the organisation will only commit to expenditures funded by grants.

Operations, income and reserves were significantly negatively impacted by the Covid pandemic. Our existing and potential funders were also affected, and there may be a reduction in the amount of grant funding available in the short term.

The Trustees and management have put in place a recovery plan that covers diversifying our range of funders and rebuilding the contribution from trading income from the charity's associated company. We are also implementing significant temporary cost savings that can be maintained until our income is restored. We aim to stabilise our reserves over the next twelve months.

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Trustees' Name	Trustees' Role	Date Appointed/Co-Opted	Date Resigned
Mrs Jessica Hyams	Co chair	20.02.2016	
Mrs Sharon O'Dell	Treasurer	12.03.2011	
Mrs Bernadette Ashton	Secretary	11.06.2016	
Mrs Jenny Missen	Co chair	12.03.2011	
Dr Rashmin C Tamhne	Trustee	12.03.2011	
Paul Mann	Trustee	07.11.2021	09.08.2022
Philip Anderton PhD	Trustee	12.09.2021	
Ernest Ambe	Trustee	12.09.2021	
Hugh Look	Trustee	08.05.2022	

Members of the Professional Advisory Board:

Prof. Eric Taylor

Prof. Peter Hill

Dr Daphne Keen

Prof. Jeremy Turk

Prof. Ian Wong

Paul Cooper PhD

Dr Nikos Myttas

Dr Paramala Santosh

Dr David Coghill

Dr Val Harpin

Prof. Amanda Kirby

Professor Chris Hollis

Dr Ulrich Muller-Sedgwick

Jane -Sedgwick-Muller

Dr Maite Ferrin

**A D D Information Services
Trustees Report
For the year ended 31st March 2023**

Trustees' responsibilities in relation to the financial statements

The A D D Information Services trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom accounting Standards (United Kingdom Generally Accepted Accounting Practice)

The law applicable to Charities in England and Wales requires Trustees to prepare financial statements for each year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources for that period. In preparing the financial statements the trustees are required to: -

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP
- make judgments 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees declare that they have approved this report.

Full Name: Jennifer Ann Missen

Position: Co-chair
Signature: *Jennifer A Missen*

Date:

01/31/2024

**A D D Information Services
Independent Examiner's Report
For the year ended 31st March 2023**

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Signature: *Keisha Chidziva*

Name: Keisha Chidziva

Date: 30/01/2023

Professional Qualification: BSc Applied Accounting

Address: Community Barnet
SEIDS Hub, Empire Way, Wembley, HA9 0RJ

A D D Information Services
Statement of Financial Activities
For the year ended 31st March 2023

	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2023	2023	2023	2022
Income from:		£	£	£	£
Charitable Activities	2	80,803	13,740	94,542	174,188
Investments	3	<u>11</u>	<u>-</u>	<u>11</u>	<u>2</u>
Total Income		<u>80,814</u>	<u>13,740</u>	<u>94,553</u>	<u>174,190</u>
 Expenditure on:					
Charitable Activities	4	<u>(115,474)</u>	<u>(12,739)</u>	<u>(128,213)</u>	<u>(188,158)</u>
Total Expenditure		<u>(115,474)</u>	<u>(12,739)</u>	<u>(128,213)</u>	<u>(188,158)</u>
 Net Income and (Expenditure) before transfers		(34,660)	1,001	(33,659)	(13,968)
Transfers		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
 Net Income and (Expenditure)		(34,660)	1,001	(33,659)	(13,968)
Reconciliation of Funds					
 Total Funds Brought Forward		<u>63,461</u>	<u>2</u>	<u>63,463</u>	<u>77,431</u>
Total Funds Carried Forward		<u>28,801</u>	<u>1,003</u>	<u>29,804</u>	<u>63,463</u>

A D D Information Services
Balance Sheet
as at 31st March 2023

	Notes	2023		2022	
		£	£	£	£
Fixed Assets					
Investment	5		<u>25,000</u>		<u>25,000</u>
			25,000		25,000
Current Assets					
Cash at Hand and Bank		12,204		36,388	
Debtors	6	<u>8,625</u>		<u>11,685</u>	
		20,829		48,073	
Creditors: Amounts falling due within one year	7	<u>(16,026)</u>		<u>(9,610)</u>	
			<u>4,803</u>		<u>38,463</u>
			<u>29,804</u>		<u>63,463</u>
Restricted Funds	8		1,003		2
Unrestricted Funds	9		<u>28,801</u>		<u>63,461</u>
			<u>29,804</u>		<u>63,463</u>

The Trustees declare that they have approved this report.

Full Name: Jennifer Ann Missen
 Position: Co-chair
 Signature: *Jennifer A Missen*
 Date: 01/31/2024

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2023

Basis of accounting

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 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. After due consideration, it was concluded that no restatement of the comparatives was required.

The financial statements have been prepared on a going concern basis. In arriving at this conclusion, the trustees have taken into account any material uncertainties that may affect the charity's ability to continue as a going concern.

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Funds Structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the funder.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty or receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Donations represent voluntary amounts received during the year.

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities.

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2023

1. ACCOUNTING POLICIES (continued)

Cash Flow Statement

The Charity has taken advantage of FRS 102 (Section 1A) which exempts small charities from preparing Cash Flow Statements.

Trade Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Trade Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Fixed Assets

Fixed Assets costing £250 or more are initially recorded at cost.

Depreciation

It is provided on tangible fixed assets to write off the cost or valuation, less any estimation residual value over their expected useful economic life as follows:

Plant and Machinery	33% reducing balance basis
Fixtures and Fittings	25% reducing balance basis

Investment

Fixed Asset investments are stated at cost less diminution in value

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2023

2. Income from Charitable Activities

	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
	£	£	£	£
Behave	-	-	-	5,029
Eat 2 Be Nice	-	-	-	8,556
Base	-	-	-	-
Barnet CCG	-	-	-	-
Young Barnet Foundation	-	1,000	1,000	-
European Grants	-	4,239	4,239	-
Pears Foundation	-	-	-	-
Contact a Family	-	8,500	8,500	-
Grant Income	(25)	-	(25)	81,761
Contract Income	10,000	-	10,000	10,000
Donations and Gifts	11,090	-	11,090	21,833
Fundraising Income	1,527	-	1,527	758
Other Income	7	-	7	7,348
Conference, Book Sales and Support Services	8,224	-	8,224	8,056
Subscription	3,989	-	3,989	8,039
Consultancy and Training	45,990	-	45,990	22,807
Total	80,802	13,739	94,542	174,188

3. Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Bank Interest	11	0	11	2
	11	0	11	2

4. Total Expenditure on Charitable Activities

	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
	£	£	£	£
Publicity Costs	-	-	-	(14)
Salaries	93,246	8,355	101,601	159,641
Other Direct Costs	3,279	-	3,279	3,150
Establishment Costs	15,125	4,383	19,508	18,852
Printing, posting and Stationery	-	-	-	901
Travel and Subsistence	-	-	-	142
Accountancy Fees	3,825	-	3,825	4,125
Governance	-	-	-	1,361
	115,474	12,739	128,213	188,158

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2023

The rental expenditure for the Charity was donated and paid by ADD Information Services Ltd.

5. Investments held as Fixed Assets

	Investment in group and associated undertakings
Market Value	£
As at 1st April 2021 and 31st March 2023	25,000
Net book value	
As at 31st March 2023	25,000
As at 31st March 2022	25,000

All investment assets were held in the UK.

The charity holds more than 20% of the share capital of the following company:

Subsidiary undertakings	Country of Incorporation	Principal Activity	Class	%
		Marketing of books and videos and the running of conferences on Attention Deficit Disorder Syndrome		
A D D Information Services Limited	England and Wales		Ordinary Shares	100

Subsidiary undertakings	Capital & Reserves	Profit/(loss) for the period
	£	£
A D D Information Services Limited	3,880	379

6. Debtors

	2023	2022
	£	£
Trade Debtors	8,625	11,685
	8,625	11,685

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2023

7. Creditors

	2023	2022
	£	£
Other Creditors	(16,026)	(9,610)
	<u>(16,026)</u>	<u>(9,610)</u>

8. Restricted Funds

	At 1st April 2022	Incoming Resources	Resources Expended	At 31st March 2023
	£	£	£	£
Behave	1	-	-	1
London Borough of Barnet	1	-	-	1
Young Barnet Foundation	-	1,000	-	1,000
Candy	-	4,240	(4,240)	0
Contact a Family	-	8,500	(8,499)	1
Total	<u>2</u>	<u>13,740</u>	<u>(12,739)</u>	<u>1,003</u>

9. Unrestricted Funds

	At 1st April 2022	Incoming Resources	Resources Expended	At 31st March 2023
	£	£	£	£
General Funds	<u>63,461</u>	<u>80,814</u>	<u>(115,474)</u>	<u>28,801</u>

10. Related Parties

Controlling entity

The Charity is controlled by the trustees.

Related party transaction

At the balance sheet date, Mrs. J Missen and Mrs. O'Dell jointly owned on trust all the issue share capital of A D D Information Services Limited on behalf of A D D Information Services.

11. Employees Remuneration

	At 1st April 2022	Incoming Resources	Resources Expended	At 31st March 2023
	£	£	£	£
General Funds	<u>63,461</u>	<u>80,814</u>	<u>(115,474)</u>	<u>28,801</u>

**A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2023**

No Trustees received any remuneration during the year

ADD INFORMATION SERVICES

England & Wales - Charity number 1070827

Accounts

**A D D INFORMATION SERVICES
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022**

A D D Information Services Contents Page

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A D D Information Services Charity Information

Organisation Name: A D D Information Services

Organisation Address: 10th floor
Hyde House
London
NW9 6LH

Charity Number: 1070827

Bankers: Lloyds Bank
105-109 Station Road Middlesex
Edgware
HA8 7JL

Independent Examiner: Community Barnet
SEIDS Hub
Empire Way
Wembley
HA9 0RJ

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

Headlines

- ADDISS is still here. We have survived the immediate pressures of the Covid-19 crisis but this year has been challenging because of the aftermath
- Key sources of revenue have reduced
- The follow-on from the crisis continues to create even more issues for the people affected by ADHD
- Proving support to people waiting for diagnosis and treatment from the NHS remains a priority
- The crisis has highlighted how much there is still to do, and will be for the foreseeable future
- We need to continue the process of recovering our full financial and operational strength to move forward
- There are vital local and national actions that need to be taken *now*
- Our understanding and experience of local, individual support gives us unique insight into what is needed at the national scale
- We are going on with our mission. In 2022-23 we will develop and begin to implement a new strategy

About ADDISS

Attention Deficit Disorder Information Services (ADDISS) is a registered charity dedicated to serving individuals and their families affected by the highly prevalent medical condition, Attention Deficit Hyperactivity Disorder (ADHD) and a wide range of comorbid conditions that either result from ADHD or have a greater impact because of ADHD.

Our purposes include:

-
- *ensuring that all individuals affected by ADHD receive the care and appropriate, treatment they need from schools, social services, mental health services and other organisations*
 - *promoting knowledge, understanding and positive attitudes towards ADHD in society*
 - *influencing practitioners and key decision-makers*
-

ADDISS works at both a national and local level in partnership with local support groups to provide information, training and support for parents, people with ADHD and professionals in the fields of ADHD and related learning and behavioural difficulties. What we learn from our local activities is vital to our own national strategy and to the challenges of ADHD generally.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

We support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication and aim to help and support families in finding the most appropriate approach to intervention for their child or for an adult with ADHD.

Our work is supported and guided by its professional board of expert advisors., We also have medium-term plans to launch a youth advisory board.

ADDISS in 2021-22: challenges, actions and achievements

In 2021-22 ADDISS was faced with significant challenges but continued to deliver strong, effective support to ADHD individuals and the wider community as well as make limited progress on development work. However, dealing with day-to-day challenges for our clients and for the charity itself has limited how much medium-term development we have been able to undertake.

2021-22 was another difficult year. For people with ADHD and their families the pandemic and lockdown created new pressures, often intense, that affected mental health, education and employment. Pressure on NHS services seems to have grown during that period. For ADDISS itself the immediate aftermath of the first phase of the pandemic saw both increased demand and problems with financing and resources needed to respond.

Finances and fundraising

ADDISS remained active and solvent in the year, but our financial position continues to suffer because of Covid19: we have not been able to deliver training courses and other services that normally provide significant income. We have been able to contain our cost base through furloughing, and as noted we received a grant from the Pears Foundation to help us continue to deliver services. We have also received a grant from the Young Barnet Foundation, Space to Grow programme to provide services locally in Barnet. This enabled us to bring some staff back from furlough and to reach more families.

Our rent and utilities are paid for by our trading subsidiary. This is mainly funded through our licenced training programme for professionals which has taken the biggest hit during lockdown and we have yet to get back to the level of income pre-pandemic. We are working on restoring this income. We took out a bounceback loan in 2020 which we are repaying on schedule.

However, these are short-term solutions and we recognise the considerable challenges that we face in the medium term, in common with many smaller charities. We are developing a strategy that will allow ADDISS to grow in key areas while maintaining the services we offer to people affected by ADHD and their families. The objective is to increase its capacity to improve the lives of people with ADHD as well as make ADDISS sustainable in the long term. This will include strengthening our infrastructure as well as developing and delivering support and services to more people.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

Our funding sources in 2021-2022

Pears Foundation

Young Barnet Foundation – Space to Grow Fund

European project work

Individual donations and Fundraisers using the Just Giving Platform and Facebook Giving.

Coaching services

Psychotherapy Services

National Lottery

Our mission and vital objectives: what we do

- Achieving recognition of ADHD and advocacy for children and adults
- Providing clear and factually based information about ADHD to parents, teachers, social service professionals, healthcare professionals and policymakers
- Supporting a broad range of evidence-based interventions
- Working with professional and patient organisations in the fields of health, education and youth justice
- Providing access to advice for children, adults and families from knowledgeable peers

Our values: how we operate

These principles are essential to the way ADDISS operates and will underpin its new strategy.

- Collaborative
- Never giving up: persistence and resilience in supporting families through difficult and demanding circumstances
- Empathetic and compassionate while remaining objective
- Accuracy, completeness, objectivity, evidence-based
- Expert
- Positive about the value that ADHD people bring to all aspects of society if they have the support, they need
- Engaging and communicative with everyone affected by ADHD or involved in care and treatment of ADHD individuals
- and everyone who makes or influences policy about care for ADHD people

Our role in reducing the long-term effects of ADHD

The support and information that ADDISS provides aims to reduce the long-term impact of undiagnosed, misdiagnosed or untreated ADHD on:

- individuals
- families
- schools
- mental health and social services
- employers and colleagues
- children and adults.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

ADHD is a significant cause of personal and social problems. Without adequate support and interventions or with incorrect diagnosis ADHD can result in:

- Wasted lives, unrealised potential
- Under-performance at school, unnecessary exclusion and reduced educational achievement
- Mental health problems
- Difficulties in making and sustaining relationships (with peers, teachers and family)
- Difficulties finding and keeping a job
- Substance abuse, addictions, gambling, failed relationships
- Increasing involvement with the criminal justice system

ADDISS and ADHD now

ADDISS operates in a world in which understanding of ADHD is changing, but actual action to support individuals, families and the community is visibly lagging. That lag creates not only significant problems and pain for individuals and their families, but also puts unnecessary pressure on the community and on services and institutions. Equally distressing is the lost individual potential and loss to society of people with talent and energy who could be effective and happy if only the right type of support was available to all of them. Above all, ADDISS exists to close this gap and so benefit ADHD individuals and the communities they belong to personally and structurally.

It is estimated that between 3% and 7% of school age children in the UK have ADHD. The UK's National Institute for Clinical Excellence, (NICE), suggests that it affects 5% of the school-aged population. People do not 'grow out' of the condition and the majority of those children will continue to have significant problems dealing with their ADHD throughout adulthood and into old age. ADDISS directly supports people at all stages of their lives, including vital work to support families in crisis.

However, although there are lots of headlines about ADHD and more *apparent* public recognition, there is little commitment to action that would help in both the short and medium term.

There have been notable changes in the way professionals in healthcare, social or educational settings perceive ADHD as a distinct clinical entity, and the virtually universal acceptance of the need for an early diagnosis and management of this eminently treatable condition.

However, this is not evenly distributed across the UK and many people are not able to benefit from it. There is a drastic lack of service provision and support for families and individuals.

In the longer term, this represents massive loss of potential for society and the economy: the strengths and potential of ADHD people are lost through poor education, misdiagnosis, lack of service provision and misunderstanding among some medical professionals.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

The net effect is a large unnecessary additional financial burden on the public purse: some studies have estimated the cost to the UK could be £3.6bn (Demos; 2018 figure).

Positive signs ADDISS can build on

Given the high prevalence of ADHD, there is, however, a general acceptance amongst policymakers in the UK Government as to the economic and human cost associated with unrecognised or untreated ADHD, both personally on the lives of individuals in short- and long- term, and collectively on the society as a whole. Indeed, there is now a widely held consensus that undiagnosed, misdiagnosed and untreated ADHD can be a factor in youth crime, substance drug abuse and higher prevalence of self-harm.

External lobbying groups have ensured the Green paper for special educational needs provision recognises the needs of children with ADHD in the school setting.

ADDISS's challenge is to make sure that this thinking has an impact on the real lives of people affected by ADHD.

Our strategy for 2022-23 and onwards engages directly with these issues. Our main initiatives will be to:

- repair and strengthen our income
- the development of a national helpline and associated services able to provide significant support to people with ADHD and their families and carers, based on our existing telephone support service.

ADDISS and the ADHD challenge ahead

As long as ADHD continues to be overlooked in many areas of life and by many organisations, ADDISS will be an essential organisation.

- To people affected by ADHD and their families
- To schools
- To social services
- To the NHS and mental health services
- To policymakers

As the UK emerges from responding to the pandemic, it has become clear that the pressures on ADHD individuals and their families, as well as schools, employers and public services, has grown and that many ADHD-affected people have suffered severe mental health impacts. Health and social services for ADHD people have not been expanded to deal with the increased demand.

Picking up the pieces is beyond the capacity of any single one of the UK charities supporting ADHD work and, like all others involved in ADHD, ADDISS will need to review its activities and the use that it makes of its very stretched resources. Between October 2021 and January 2022, we reviewed all our major objectives and the strategy needed to achieve them. This has faced us with some hard choices but we will be stronger as a result.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

PRACTICAL SUPPORT

Our main strategy is to broaden the coverage and availability of our helpline and related services and we are seeking grant funding to do this in 2022-23. We are delighted that our psychotherapist continues to be a part of our team, working part-time on a voluntary basis; supporting families and individuals on the helpline once a week giving in depth advice and support. He also delivers therapy and support for adults with ADHD, young people and their families. We have parent coaches on our team who work directly with parents and young people themselves offering strategies to manage their ADHD both in school and in the community. However, we are still desperately in need of the funds to increase our capacity for support.

It is essential that young people and adults with ADHD are able to access some of the treatment they need to improve their quality of life. However, this access is still extremely variable - between different parts of the country, different services, different professions and different views of what causes behaviour.

Our work will hopefully enable many more people with ADHD to get the treatment they need – or ask for the specific appropriate help they need. - delivered to them within health services.

The views of our work are commonly expressed by the subscribers and users of ADDISS services - which include many thousands of children, young people, ADHD adults, parents and carers, and professionals from many fields. These professionals include teachers, psychiatrists, nursery nurses, psychologists, paediatricians, enlightened staff of the youth, police and prison services and many more. This growing group of ADHD affected, and ADHD-friendly people has influenced the work and direction of ADDISS over the 25 plus years since it was set up.

ADHD AWARENESS IN PROFESSIONS AND THROUGH SOCIETY

Many professionals are involved in the recognition, diagnosis, treatment and management of people affected by ADHD: GPs, nurses, psychotherapists, teachers, social workers, probation officers, police officers, prison staff and others. Some all very well informed but many have not had the opportunity to learn usefully and consistently about ADHD and its impact.

A key longer-term objective for ADDISS is to start addressing that information gap. We are working hard at supporting individuals and families, but often the context in which we provide that support is one of limited information or understanding among the different services and organisations they interact with. ADDISS is well positioned to address that gap based on both its knowledge of ADHD and its understanding of the lived experience of its members and clients.

This will form a major part of our strategy in the longer-term term once the organisation has recovered from the disruption to operations and funding resulting from the pandemic, and the helpline is firmly established.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

Review of our activity and impact

UK-WIDE PRACTICAL SUPPORT FOR INDIVIDUALS

Helpline

The telephone helpline run by ADDISS is the only helpline providing specialist information and advice on ADHD in the UK which provides open access for everyone. Due to the lack of awareness around ADHD and the services available for sufferers, the ADDISS helpline is often the first, and sometimes only, port of call for individuals, or their parents, who suspect that they, or their children, have ADHD. It is still run with a skeleton staff, but the passion of the staff to give help and advice to those most in need make up for their small number.

In 2021-22 we again received several thousand calls of which we were able to provide direct support to several hundred. These were from people directly affected by ADHD, close family and friends and teachers, social workers and other professionals.

Our VOIP system allows us to log every call to the charity helpline. Over a six-month period in 2021-22 around 500 calls were answered by a skeleton staff and several volunteers. Our volunteers were able to take calls from home using digital technology. There were over 1000 calls coming into the helpline in total during that time, but we were unable to answer them all. There is clearly a need for a fully funded full-time helpline. All calls were logged, and postcodes were recorded giving us a heat map showing a wide geographical reach.

As well as the helpline itself, we support families with letters to schools, attending tribunals and offering training to staff. This is time-consuming, resource-intensive but is a lifeline for the people we support in addition to receiving calls on the helpline, we also receive many enquiries via email. Given our limited resources we are unable to answer all. We have identified this as an area that needs more investment either in staff resources or improvement in our digital technology.

The main subjects of calls were:

Seeking a diagnosis: Calls from both parents and adults seeking a route to diagnosis are now by far the greatest number of calls. In the last year we have seen an explosion in adult diagnosis and especially women in midlife. ADDISS provides advice and support: helping them navigate the system has been a lifeline for many.

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Gaming addiction: An increasing problem in younger children especially during lockdown and one with little UK expertise. This is typical of the areas where ADDISS can make a difference by collecting information from specialist and experts internationally as well as in the UK to provide a resource base for practitioners.

Education: Many parents call us because their children's needs are not being properly met in school. They are misunderstood, mismanaged, and lack of staff training leads to inappropriate punishments and exclusions. ADDISS provides advice and support.

In 2022-23, we will push forward on our strategy to develop a national helpline that can provide consistent and reliable information to a much wider community.

Online support groups

ADDISS runs a number of online support groups that meet weekly for the most part. These groups include ones for parents, parents of adult children with ADHD, adults affected by ADHD and dedicated groups for women and men. Each group has attendance cap of 20 people; 160 people are registered for the women's' group.

LOCAL PRACTICAL SUPPORT

Support for ADHD in Barnet

ADDISS provides intensive hands-on support to families in Barnet. We work with families mainly in the Barnet area of North London. We aim to improve the life chances and outcomes for ADHD people and support their families and schools. Barnet is the second largest borough in London where 5000 children are living with ADHD of which only about 8% may have a formal diagnosis. Many families who have children with ADHD find that they have difficulty managing their children's behaviour and that their children are often socially isolated at school and in their local communities.

ADDISS also partners with Voluntary Sector organisations in the local area, such as Barnet SENDIASS, Mencap, the Young Barnet Foundation, Community Barnet and Inclusion Barnet.

Work with schools

We were commissioned by a local secondary school to deliver ADHD coaching and mentoring services for three days across two sites. In addition to this the school sent a number of challenging children to spend a week with us at ADDISS over the course of the year. This was as an alternative to sending them to the Pupil referral Unit. They worked really hard and achieved well in an environment more suited to their impairments

Feedback from parents was very positive.

We are writing to underline the extraordinary work which our daughter X (year 8) has received from the school's engagement with ADDISS.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

X's work with ADDISS during school hours and the support we have received outside school hours both contributed immeasurably to X's mental well-being as she struggles with the challenges which secondary school presents for a child with ADHD.

The ADDISS team has supported her psychologically (with self esteem and social interaction) and enabled her to explain to others how she feels.

It has provided tools to navigate her condition (organisational techniques, study planning, identification of tutors specialised in ADHD etc) and has given us the tools to support her.

We wanted you to be fully aware of these benefits and to implore you to ensure that this vital part of our daughter's school week remains in place next year. While girls typically mask these traits better than boys, it is clear that the need for support is no less. Work with ADDISS helps X to overcome the shame she feels, when identified as different.

I do hope you can confirm that this vital support will remain in place.

If there is any further information we can provide on our experience please do not hesitate to let us know.

My son Y was diagnosed with ADHD about two years ago. He is now 15 years old. Since the diagnosis we have had the most incredible support from ADDISS and especially Andrea Bilbow who has been there for Y every step of the way. We are so lucky that at a difficult time we had the support of ADDISS through [school]. Y had weekly meetings with Ms Bilbow and I was able to speak to her whenever I had a question or for any form of support. She helped us with regards to medication and gave us advice of what would be most helpful to him; because of this he is now on a fantastic medication. Andrea Bilbow gave advice to my son on his eating habits and sleep routine which has been beneficial for schoolwork. On that note she also advised us on how to ask support from CAMHS and [school] in regards to his examinations and concentration in lessons. From a boy who has been struggling in school with concentration and exam results after getting approval to have a separate quieter room and access to a computer facility he has now done so well in exams including excellent grades in maths which means he can do the Higher paper for his GCSEs. Thank you also to ADDISS for the training sessions available to parents - the 123 Magic sessions for younger children and also the training sessions aimed at teenagers. These have been invaluable. To end off, without the support of Andrea Bilbow and everyone else at ADDISS Y would not be getting the support he needs from his school, his parents and older siblings. We have learnt how to be there to support our son because of everything we have learnt, and this is all from ADDISS.

A D D Information Services Trustees Report For the year ended 31st March 2022

In 2021 we received funding from the Young Barnet Foundation to continue supporting families in Barnet.

A key part of our new strategy will be to take the lessons from supporting ADHD families in Barnet and see how they can be applied nationally by supporting organisations providing similar services elsewhere.

Mentoring

During the academic year 2020-2021 we were commissioned to provide ADHD mentoring and coaching services to young people with ADHD in a local secondary school. This project was very successful, and we have since been commissioned to provide one-to-one mentoring to students with ADHD as well as developing teachers' skills across two sites. We provide 24 hours of support per week. This is an innovative project from a forward-thinking school, and we do not believe it is available in any other secondary school across the UK: other schools are already contacting us to find out about similar programmes. We hope to build on this model with other schools as part of our strategy.

The ADDISS Resource Centre

The Resource Centre at our offices in North London usually provides a wide range of books, DVDs and training materials as well as a large amount of reference texts, articles and resources. The resource centre has been visited by many different people ranging from parents, adults with ADHD, students, doctors, teachers and many other professionals seeking information, help and support. However, we have not been able to operate the Resource Centre since the pandemic. As part of our new strategy, we will be assessing the potential for an online equivalent.

ADVANCING KNOWLEDGE AND INFORMATION IN THE UK AND INTERNATIONALLY

Newsletter

ADHD News is our quarterly newsletter. These newsletters carry articles written by contributors all over the world and are of a very high quality. The newsletter is currently sent to paid members of ADDISS which includes parents, professionals and a large number of clinics. It is often given freely at events. It is then placed on the website for general viewing one year after publication. We would like the funding to allow us to publish and give this away freely to all parents and professionals as it has proven to be extremely popular and helpful. Interestingly we do have an international membership reflected in our conference attendance and research.

Website and social media

Whilst the website has up until now been very helpful to the public, it needs updating, not just with information but with new technology to allow better engagement and interaction. We have begun a project to completely replace our website with a version meeting modern standards and hosting a wealth of information as well as using digital technology to allow us to connect better with the public and our subscribers. This is becoming an essential part of our work and we are urgently seeking funding to continue the development.

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Trustees Report
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We currently run a number of closed Facebook groups with over 20,000 members. These are strongly moderated. We have two public Facebook pages which allow us to share information very quickly with followers. Our Facebook pages have a combined following of over 10,000 followers. We also run an international Facebook in collaboration with Empower ADD which has in excess of 13000 followers.

We also manage a twitter account @UK_ADHD with over 5,000 followers, We need to increase our access to core IT, web and social media skills, either through recruitment or suitable contracts.

PARTICIPATION IN PROJECTS AND RESEARCH

Through our contact with people affected by ADHD and their lived experience, our online groups, newsletter, Facebook page and email newsletter we assist in the understanding of lived experience of ADHD. We apply this knowledge through participation as partners in a number of multi-partner research projects. Our role is typically as Investigator responsible for patient participation. We also help with the dissemination of project outcomes. ADDISS has been asked to participate in a significant number of UK and international research projects with leading universities, including:

- University College London
- Kings College London
- University of Oxford
- University of Newcastle
- University of Southampton
- University of Berne
- Hong Kong University
- University of Nottingham
- University of Huddersfield
- Radboud University, Netherlands

ADDISS is uniquely trusted to do this by researchers because of its deep, long-standing hands-on support for individuals and families affected by ADHD. Projects in which we are involved include research into

- the relationship between nutrition and ADHD
- how ADHD and obesity may interact
- sleep factors and ADHD
- crosstalk between genetics, immune activation/ inflammation, and microbiome
- pharmaceutical and non-pharmaceutical interventions
- ADHD and remote technology

ADDISS benefits financially through funding for these projects, but they are also significant in building long-term relationships with our partners and extending our knowledge through direct access to the detailed research results and informal knowledge generated.

A D D Information Services Trustees Report For the year ended 31st March 2022

Specific projects of note

Eat2beNICE – A Horizon 20/20 Project

We are involved in an EU project run out of the Netherlands called Eat2beNICE which will investigate the effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing behaviours. Maladaptive impulsivity and compulsivity predispose to antisocial and addictive behaviours. Factors influencing those traits are not well understood, but diet, lifestyle, socioeconomic status (SES), sex, and heritability play pivotal roles. The project aims (1) to identify nutrition and lifestyle drivers that can be employed to prevent detrimental impulsivity/compulsivity in males and females across the lifespan, (2) to characterize the etiologic paths leading to extreme behaviour, and (3) to promote policy changes to counteract maladaptive impulsivity/compulsivity by disseminating evidence-based information about health-related behaviours to families, clinicians, policy makers, and general public. We join experts from multiple disciplines across Europe to achieve this. This project will run until February 2023 <https://newbrainnutrition.com/>

CANDY – A Horizon 20/20 Project

The CANDY project kicked off in March 2020 and took place online as we in the UK and Europe went into lockdown. Neurodevelopmental conditions, such as autism, attention-deficit hyperactivity disorder (ADHD), and intellectual disability (ID) are clinically heterogeneous, often co-exist and they affect ~15% of the European population. They are also often associated with somatic illnesses (e.g. epilepsy, autoimmune and gastrointestinal disease) which can have a strong impact on the quality of life. The combination of ID and epilepsy in autism, for instance, is associated with a reduction in lifespan of ~ 20 years.

Currently, we lack effective new treatments for neurodevelopmental conditions and do not understand why they co-exist. There is hope, however. Recent evidence shows that certain genetic variants, which increase the risk for neurodevelopmental conditions, are shared between these conditions and affect the same biological pathways. Many of these variants impact synaptic plasticity (activity-dependent modification of synaptic transmission) and glutamate and GABA neurotransmission (i.e. excitatory and inhibitory (E/I) balance). The symptom profile and severity are likely also moderated by environmental factors acting at different time points (critical periods). Therefore, we are also investigating the role of early maternal immune activation and the gut microbiome. The interaction between host genetics and gut microbiome could clarify why carrying certain risk-conferring genetic variants only explains a part of the different symptom spectra that we see in neurodevelopmental conditions.

Our overall goal is to improve the understanding of the crosstalk between genetics, immune activation/ inflammation, and microbiome, and thereby provide a compelling novel conceptual framework. <https://www.candy-project.eu/>

A D D Information Services Trustees Report For the year ended 31st March 2022

Timespan A Horizon 20/20 Project

Emerging evidence points at a significant association and shared genetic traits between adult attention-deficit / hyperactivity disorder (ADHD) and cardiometabolic conditions such as obesity, type 2 diabetes, and cardiovascular disease, which, when inadequately treated, can lead to adverse outcomes and significant costs for society. Various national guidelines on cardiometabolic disease already highlight the importance of concurrent psychiatric disorders, but there is a lack of knowledge around ADHD. This is problematic given that ADHD is a common, serious, and complex chronic condition among adults. This is where TIMESPAN steps in, fostering improvements in risk stratification and of the treatments for patients with ADHD who also have a cardiometabolic disease.

<https://timespan.eu/>

1 2 3 Magic Research Project in Partnership with University College London

Over 400 families applied to participate in the 1 2 3 Magic project with only enough spaces for 100 parents. A total of eight six week workshops have been delivered. The results are currently being evaluated.

We were once again invited to apply for a grant from the PEARS Foundation and have applied for and received £17,000 over two years 2022/23 to 2023/24 to deliver more workshops to accommodate many of those who have been unable to get onto the research.

New Research Projects ADDISS is participating in 2022-23

We are partners in two new funding approved projects with responsibility for patient participation.

- DISCA - Digital Sleep Support for Children with Attention Deficit/Hyperactivity Disorder (The DISCA
- Research for Patient Benefit (RfPB) Programme: NIHR203035 – Comparing pharmacological and non-pharmacological interventions for adults with AttentionDeficit/Hyperactivity Disorder (ADHD): systematic review and network metaanalysis
- Co-producing Implementation of RECOGNeyes in Schools (COIRS)
- Pharmacological and non-pharmacological interventions for adults with ADHD
- ATTENS - **A multi-centre, blinded, randomized, parallel-group, phase IIb study to compare the efficacy of real versus sham external Trigeminal Nerve Stimulation (eTNS) on symptoms in youth with Attention Deficit Hyperactivity Disorder**

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

Reserves Policy

The Trustees continue to monitor the levels of reserves and ensure there is a surplus each year.

Financial Position

The Statement of Financial Activities shows £174,190 of Incoming Resources; compared to the previous year, the incoming resources were £172,482; it must be noted that the key funded sources are grants, which vary every year. The Expended Resources totalled £188,158 compared to £143,633 in the previous year. The level of expenditure reflects the organisation's ability to provide the required services in line with the objectives and the available level of resources. The Trustees continue to seek alternative funding whilst at the same time monitoring operational costs to ensure that the standards of the levels of service are maintained. The Trustees will increase their efforts to ensure the forthcoming year maintains reasonable results for the organisation.

The Board is mindful of the going concern issues that continue to affect the sector. The Board agrees the organisation will continue to operate as a going concern; however, measures were put in place to ensure that the organisation will only commit to expenditures funded by grants.

Operations, income and reserves were significantly negatively impacted by the Covid pandemic. Our existing and potential funders were also affected, and there may be a reduction in the amount of grant funding available in the short term.

The Trustees and management have put in place a recovery plan that covers diversifying our range of funders and rebuilding the contribution from trading income from the charity's associated company. We are also implementing significant temporary cost savings that can be maintained until our income is restored. We aim to stabilise our reserves over the next twelve months.

**A D D Information Services
Trustees Report
For the year ended 31st March 2022**

Trustees' Name	Trustees' Role	Date Appointed/Co-Opted	Date Resigned
Mrs Jessica Hyams	Co chair	20.02.2016	
Mrs Sharon O'Dell	Treasurer	12.03.2011	
Mrs Bernadette Ashton	Secretary	11.06.2016	
Mrs Jenny Missen	Co chair	12.03.2011	
Dr Rashmin C Tamhne	Trustee	12.03.2011	
Paul Mann	Trustee	07.11.2021	09.08.2022
Philip Anderton PhD	Trustee	12.09.2021	
Ernest Ambe	Trustee	12.09.2021	
Hugh Look	Trustee	08.05.2022	

Members of the Professional Advisory Board:

Prof. Eric Taylor

Prof. Peter Hill

Dr Daphne Keen

Prof. Jeremy Turk

Prof. Ian Wong

Paul Cooper PhD

Dr Nikos Myttas

Dr Paramala Santosh

Dr David Coghill

Dr Val Harpin

Prof. Amanda Kirby

Professor Chris Hollis

Dr Ulrich Muller-Sedgwick

Jane -Sedgwick-Muller

Dr Maite Ferrin

A D D Information Services Trustees Report For the year ended 31st March 2022

Trustees' responsibilities in relation to the financial statements

The A D D Information Services trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom accounting Standards (United Kingdom Generally Accepted Accounting Practice)

The law applicable to Charities in England and Wales requires Trustees to prepare financial statements for each year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources for that period. In preparing the financial statements the trustees are required to: -

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP
- make judgments 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees declare that they have approved this report.

Full Name: **JENNIFER ANN MISSEN**
 Position: **CO-CHAIR**
 Signature: **J.A. Missen**
 Date: **28.1.23**

**A D D Information Services
Independent Examiner's Report
For the year ended 31st March 2022**

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Signature: *KChidziva*

Name: Keisha Chidziva

Date: 28/01/2023

Professional Qualification: BSc Applied Accounting

Address: Community Barnet
SEIDS Hub, Empire Way, Wembley, HA9 0RJ

A D D Information Services
Statement of Financial Activities
For the year ended 31st March 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Income from:					
Charitable Activities	2	160,603	13,585	174,188	172,480
Investments	3	2	-	2	2
Total Income		<u>160,604</u>	<u>13,585</u>	<u>174,190</u>	<u>172,482</u>
Expenditure on:					
Charitable Activities	4	<u>(136,548)</u>	<u>(51,610)</u>	<u>(188,158)</u>	<u>(143,633)</u>
Total Expenditure		<u>(136,548)</u>	<u>(51,610)</u>	<u>(188,158)</u>	<u>(143,633)</u>
Net Income and (Expenditure) before transfers		24,057	(38,025)	(13,968)	28,849
Transfers		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net Income and (Expenditure)		24,057	(38,025)	(13,968)	28,849
Reconciliation of Funds					
Total Funds Brought Forward		<u>39,404</u>	<u>38,027</u>	<u>77,431</u>	<u>48,582</u>
Total Funds Carried Forward		<u>63,461</u>	<u>2</u>	<u>63,463</u>	<u>77,431</u>

A D D Information Services
Balance Sheet
as at 31st March 2022

		2022		2021	
	Notes	£	£	£	£
Fixed Assets					
Investment	5		<u>25,000</u>		<u>25,000</u>
			25,000		25,000
Current Assets					
Cash at Hand and Bank		36,388		47,775	
Debtors	6	<u>11,685</u>		<u>8,566</u>	
		48,073		56,341	
Creditors: Amounts falling due within one year	7	<u>(9,610)</u>		<u>(3,910)</u>	
			<u>38,463</u>		<u>52,431</u>
			<u>63,463</u>		<u>77,431</u>
Restricted Funds	8		2		38,027
Unrestricted Funds	9		<u>63,461</u>		<u>39,404</u>
			<u>63,463</u>		<u>77,431</u>

The Trustees declare that they have approved this report.

Full Name:

JENNIFER ANN MISSON

Position:

CO-CHAIR

Signature:

J.A. Misson

Date:

28.1.23

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2022

Basis of accounting

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 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. After due consideration, it was concluded that no restatement of the comparatives was required.

The financial statements have been prepared on a going concern basis. In arriving at this conclusion, the trustees have taken into account any material uncertainties that may affect the charity's ability to continue as a going concern.

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Funds Structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the funder.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty or receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Donations represent voluntary amounts received during the year.

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities.

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2022

1. ACCOUNTING POLICIES (continued)

Cash Flow Statement

The Charity has taken advantage of FRS 102 (Section 1A) which exempts small charities from preparing Cash Flow Statements.

Trade Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Trade Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Fixed Assets

Fixed Assets costing £250 or more are initially recorded at cost.

Depreciation

It is provided on tangible fixed assets to write off the cost or valuation, less any estimation residual value over their expected useful economic life as follows:

Plant and Machinery	33% reducing balance basis
Fixtures and Fittings	25% reducing balance basis

Investment

Fixed Asset investments are stated at cost less diminution in value

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2022

2. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Behave	-	5,029	5,029	-
Eat 2 Be Nice	-	8,556	8,556	-
Base	-	-	-	4,905
Barnet CCG	-	-	-	-
Young Barnet Foundation	-	-	-	10,337
European Grants	-	-	-	9,336
Pears Foundation	-	-	-	14,740
Grant Income	81,761	-	81,761	68,390
Contract Income	10,000	-	10,000	13,908
Donations and Gifts	21,833	-	21,833	26,977
Fundraising Income	758	-	758	-
Other Income	7,348	-	7,348	1,637
Conference, Book Sales and Support Services	8,056	-	8,056	-
Subscription	8,039	-	8,039	7,933
Consultancy and Training	22,807	-	22,807	14,316
Total	160,603	13,585	174,188	172,480

3. Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Bank Interest	2	0	2	2
	<u>2</u>	<u>0</u>	<u>2</u>	<u>2</u>

4. Total Expenditure on Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Publicity Costs	- 14	-	- 14	19
Salaries	108,031	51,610	159,641	123,997
Other Direct Costs	3,150	-	3,150	3,361
Establishment Costs	18,852	-	18,852	10,873
Printing, posting and Stationery	901	-	901	1,522
Travel and Subsistence	142	-	142	1,387
Accountancy Fees	4,125	-	4,125	2,475
Governance	1,361	-	1,361	-
	<u>136,548</u>	<u>51,610</u>	<u>188,158</u>	<u>143,633</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2022

The rental expenditure for the Charity was donated and paid by ADD Information Services Ltd.

5. Investments held as Fixed Assets

	Investment in group and associated undertakings
Market Value	£
As at 1st April 2021 and 31st March 2022	25,000
Net book value	
As at 31st March 2022	25,000
As at 31st March 2021	25,000

All investment assets were held in the UK.

The charity holds more than 20% of the share capital of the following company:

Subsidiary undertakings	Country of Incorporation	Principal Activity	Class	%
		Marketing of books and videos and the running of conferences on Attention Deficit Disorder Syndrome		
A D D Information Services Limited	England and Wales		Ordinary Shares	100

Subsidiary undertakings	Capital & Reserves	Profit/(loss) for the period
	£	£
A D D Information Services Limited	3,502	(21,498)

6. Debtors

	2022	2021
	£	£
Trade Debtors	11,685	8,566
	<u>11,685</u>	<u>8,566</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2022

7. Creditors

	2022	2021
	£	£
Other Creditors	(9,610)	(3,910)
	<u>(9,610)</u>	<u>(3,910)</u>

8. Restricted Funds

	At 1st April 2021	Incoming Resources	Resources Expended	At 31st March 2022
	£	£	£	£
Behave	51	5,029	(5,079)	1
London Borough of Barnet	1	-	-	1
Eat 2 Be Nice	83	8,556	(8,639)	0
Base	4,945	-	(4,945)	0
Young Barnet Foundation	8,871	-	(8,871)	-
European Grants	9,336	-	(9,336)	0
Pears Foundation	14,740	-	(14,740)	-
Total	<u>38,027</u>	<u>13,585</u>	<u>(51,610)</u>	<u>2</u>

9. Unrestricted Funds

	At 1st April 2021	Incoming Resources	Resources Expended	At 31st March 2022
	£	£	£	£
General Funds	<u>39,404</u>	<u>160,604</u>	<u>(136,548)</u>	<u>63,461</u>

10. Related Parties

Controlling entity

The Charity is controlled by the trustees.

Related party transaction

At the balance sheet date, Mrs. J Missen and Mrs. O'Dell jointly owned on trust all the issue share capital of A D D Information Services Limited on behalf of A D D Information Services.

11. Employees Remuneration

	2022	2021
	£	£
Wages and Salaries	<u>159,641</u>	<u>123,997</u>

**A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2022**

No Trustees received any remuneration during the year

ADD INFORMATION SERVICES

England & Wales - Charity number 1070827

Accounts

**A D D INFORMATION SERVICES
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2021**

Charity Number: 1070827

A D D Information Services Contents Page

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A D D Information Services Charity Information

Organisation Name: A D D Information Services

Organisation Address: 10th floor
Hyde House
London
NW9 6LH

Charity Number: 1070827

Bankers: Lloyds Bank
105-109 Station Road Middlesex
Edgware
HA8 7JL

Independent Examiner: Community Barnet
SEIDS Hub
Empire Way
Wembley
HA9 0RJ

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Trustees' Report 2020-21

Headlines

- ADDISS is still here. We have survived the pressures of the Covid-19 crisis
- The crisis has created even more issues for the people affected by ADHD
- The crisis has highlighted how much there is still to do, and will be for the foreseeable future
- We need to recover our full financial and operational strength to move forward
- There are vital local and national actions that need to be taken *now*
- Our understanding and experience of local, individual support gives us unique insight into what is needed at the national scale
- We are going on with our mission. In 2021-22 we will regroup, reprioritise and plan our future

About ADDISS

Attention Deficit Disorder Information Services (ADDISS) is a registered charity dedicated to serving individuals and their families affected by the highly prevalent medical condition, Attention Deficit Hyperactivity Disorder (ADHD) and a wide range of comorbid conditions that either result from ADHD or have a greater impact because of ADHD.

Our purposes include:

-
- *ensuring that all individuals affected by ADHD receive the care and appropriate, treatment they need from schools, social services, mental health services and other organisations*
 - *promoting knowledge, understanding and positive attitudes towards ADHD in society*
 - *influencing practitioners and key decision-makers*
-

ADDISS works at both a national and local level in partnership with local support groups to provide information, training and support for parents, people with ADHD and professionals in the fields of ADHD and related learning and behavioural difficulties. What we learn from our local activities is vital to our own national strategy and to the challenges of ADHD generally.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

We support a multi-disciplinary assessment and treatment protocol, including education and behavioural interventions, with or without medication and aim to help and support families in finding the most appropriate approach to intervention for their child or for an adult with ADHD.

Our work is supported and guided by its professional board of expert advisors, and a soon-to-be-launched youth advisory board.

ADDISS in 2020-21: challenges, actions and achievements

In 2020-21 ADDISS was faced with significant challenges but continued to deliver strong, effective support to ADHD individuals and the wider community as well as make limited progress on development work. We have continued to run vital services moving to online digital support funded largely by the Pears Foundation as our support groups online. We have been helped by generous support from funders, especially the Pears Foundation, that has allowed us to continue our work through the challenges of the pandemic.

2020-21 was a very difficult year. For people with ADHD and their families the pandemic and lockdown created new pressures, often intense, that affected mental health, education and employment. For ADDISS itself the pandemic saw both increased demand and problems with financing and resources needed to respond.

Some staff were full-furloughed until January 2021 and continue to be part-furloughed, reducing the resources available to deal with day-to-day business and to develop the charity. This has stretched what was already a very lean organisation but in response we have a much better understanding of what we need to prioritise coming out of the crisis.

We are very fortunate to have retained the commitment of our furloughed staff during this intensely difficult period but now have to respond to the longer-term consequences for our income and operations.

Finances and fundraising

ADDISS remains active and solvent, but our financial position has suffered because of Covid-19: we have not been able to deliver training courses and other services that normally provide significant income. We have been able to contain our cost base through furloughing, and as noted we received a grant from the Pears Foundation to help us continue to deliver services. We have also received a grant from the Young Barnet Foundation, Space to Grow programme to provide services locally in Barnet. This enabled us to bring some staff back from furlough and to reach more families.

Our rent and utilities are paid for by our trading subsidiary. This is mainly funded through our licenced training programme for professionals which has taken the biggest hit during lockdown. We had to take out a bounceback loan which we are repaying on schedule.

However, these are short-term solutions and we recognise the considerable challenges that we face in the medium term, in common with many smaller charities. We are developing a strategy that will allow ADDISS to grow in key areas while maintaining the services we offer to people affected by ADHD and their families. The objective is to increase its capacity to improve the lives of people with

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

ADHD as well as make ADDISS sustainable in the long term. This will include strengthening our infrastructure as well as developing and delivering support and services to more people.

Our funding sources in 2020-2021

Pears Foundation

Young Barnet Foundation

European project work

Individual donations and Fundraisers using the Just Giving Platform and Facebook Giving.

Subscriptions

Contracts

Coaching services

Psychotherapy Services

Our mission and vital objectives: what we do

- Achieving recognition of ADHD and advocacy for children and adults
- Providing clear and factually based information about ADHD to parents, teachers, social service professionals, healthcare professionals and policymakers
- Supporting a broad range of evidence-based interventions
- Working with professional and patient organisations in the fields of health, education and youth justice
- Providing access to advice for children, adults and families from knowledgeable peers

Our values: how we operate

These principles are essential to the way ADDISS operates and will underpin its new strategy.

- Collaborative
- Never giving up: persistence and resilience in supporting families through difficult and demanding circumstances
- Empathetic and compassionate while remaining objective
- Accuracy, completeness, objectivity, evidence-based
- Expert
- Positive about the value that ADHD people bring to all aspects of society if they have the support, they need
- Engaging and communicative with everyone affected by ADHD or involved in care and treatment of ADHD individuals
- and everyone who makes or influences policy about care for ADHD people

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Our role in reducing the long-term effects of ADHD

The support and information that ADDISS provides aims to reduce the long-term impact of undiagnosed, misdiagnosed or untreated ADHD on:

- individuals
- families
- schools
- mental health and social services
- employers and colleagues
- children and adults.

ADHD is a significant cause of personal and social problems. Without adequate support and interventions or with incorrect diagnosis ADHD can result in:

- Wasted lives, unrealised potential
- Under-performance at school, unnecessary exclusion and reduced educational achievement
- Mental health problems
- Difficulties in making and sustaining relationships (with peers, teachers and family)
- Difficulties finding and keeping a job
- Substance abuse, addictions, gambling, failed relationships
- Increasing involvement with the criminal justice system

ADDISS and ADHD now

ADDISS operates in a world in which understanding of ADHD is changing, but actual action to support individuals, families and the community is visibly lagging. That lag creates not only significant problems and pain for individuals and their families, but also puts unnecessary pressure on the community and on services and institutions. Equally distressing is the lost individual potential and loss to society of people with talent and energy who could be effective and happy if only the right type of support was available to all of them. Above all, ADDISS exists to close this gap and so benefit ADHD individuals and the communities they belong to personally and structurally.

It is estimated that between 3% and 7% of school age children in the UK have ADHD. The UK's National Institute for Clinical Excellence, (NICE), suggests that it affects 5% of the school-aged population. People do not 'grow out' of the condition and the majority of those children will continue to have significant problems dealing with their ADHD throughout adulthood and into old age. ADDISS directly supports people at all stages of their lives, including vital work to support families in crisis.

However, although there are lots of headlines about ADHD and more *apparent* public recognition, there is little commitment to action that would help in both the short and medium term.

There have been notable changes in the way professionals in healthcare, social or educational settings perceive ADHD as a distinct clinical entity, and the virtually universal acceptance of the need for an early diagnosis and management of this eminently treatable condition.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

However, this is not evenly distributed across the UK and many people are not able to benefit from it. There is a drastic lack of service provision and support for families and individuals.

In the longer term, this represents massive loss of potential for society and the economy: the strengths and potential of ADHD people are lost through poor education, misdiagnosis, lack of service provision and misunderstanding among some medical professionals. The net effect is a large unnecessary additional financial burden on the public purse: some studies have estimated the cost to the UK could be £3.6bn (Demos; 2018 figure).

Positive signs ADDISS can build on

Given the high prevalence of ADHD, there is, however, a general acceptance amongst policy-makers in the UK Government as to the economic and human cost associated with unrecognised or untreated ADHD, both personally on the lives of individuals in short- and long-term, and collectively on the society as a whole. Indeed, there is now a widely held consensus that undiagnosed, misdiagnosed and untreated ADHD can be a factor in youth crime, growing underclass, substance drug abuse and higher prevalence of self-harm.

External lobbying groups have ensured the Green paper for special educational needs provision recognises the needs of children with ADHD in the school setting.

ADDISS's challenge is to make sure that this thinking has an impact on the real lives of people affected by ADHD.

Our strategy for 2021-22 and onwards engages directly with these issues.

ADDISS and the ADHD challenge ahead

As long as ADHD continues to be overlooked in many areas of life and by many organisations, ADDISS will be an essential organisation.

- To people affected by ADHD and their families
- To schools
- To social services
- To the NHS and mental health services
- To policymakers

As the UK emerges from responding to the pandemic, it has become clear that the pressures on ADHD individuals and their families, as well as schools, employers and public services, has grown and that many ADHD-affected people have suffered severe mental health impacts.

Picking up the pieces is beyond the capacity of any single one of the UK charities supporting ADHD work and, like all others involved in ADHD, ADDISS will need to review its activities and the use that it makes of its very stretched resources. Between October 2021 and January 2022, we will be reviewing all our major objectives and the strategy needed to achieve them. This will be a rigorous, thorough and objective review and we fully expect that it will face us with some hard choices but that we will be stronger as a result.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

PRACTICAL SUPPORT

It is important to look to the future to see if there is any way we can increase our helpline hours and bring in more helpline staff for this much needed support. We are delighted that psychotherapist Colin McGee continues to be a part of our team, working part-time on a voluntary basis; not only supporting families and individuals on the helpline once a week, but also delivering therapy and support for adults with ADHD, young people and their families. However, we are still desperately in need of the funds to increase our capacity for support.

It is essential that young people and adults with ADHD are able to access some of the treatment they need to improve their quality of life. However, this access is still extremely variable - between different parts of the country, different services, different professions and different views of what causes behaviour. Our work will hopefully enable many more people with ADHD to get the treatment they need – or ask for the specific appropriate help they need. - delivered to them within health services.

The views on our work are commonly expressed by the subscribers and users of ADDISS services - which include many thousands of children, young people, ADHD adults, parents and carers, and professionals from many fields. These professionals include teachers, psychiatrists, nursery nurses, psychologists, paediatricians, enlightened staff of the youth, police and prison services and many more. This growing group of ADHD affected, and ADHD-friendly constituents has influenced the work and direction of ADDISS over the 25 plus years since it was set up.

ADHD AWARENESS IN PROFESSIONS AND THROUGH SOCIETY

Many professionals are involved in the recognition, diagnosis, treatment and management of people affected by ADHD: GPs, nurses, psychotherapists, teachers, social workers, probation officers, police officers, prison staff and others. Some all very well informed but many have not had the opportunity to learn usefully and consistently about ADHD and its impact.

A key objective for ADDISS is to start addressing that information gap. We are working hard at supporting individuals and families, but often the context in which we provide that support is one of limited information or understanding among the different services and organisations they interact with. ADDISS is well positioned to address that gap based on both its knowledge of ADHD and its understanding of the lived experience of its members and clients.

This will form a major part of our strategy in the medium term once the organisation has recovered from the disruption to operations and funding resulting from the pandemic.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Review of our activity and impact

UK-WIDE PRACTICAL SUPPORT FOR INDIVIDUALS

Helpline

The telephone helpline run by ADDISS is the only helpline providing specialist information and advice on ADHD in the UK which provides open access for everyone. Due to the lack of awareness around ADHD and the services available for sufferers, the ADDISS helpline is often the first, and sometimes only, port of call for individuals, or their parents, who suspect that they, or their children, have ADHD. It is still run with a skeleton staff, but the passion of the staff to give help and advice to those most in need make up for their small number.

In 2020-21 we received several thousand calls of which we were able to provide direct support to several hundred. These were from people directly affected by ADHD, close family and friends and teachers, social workers and other professionals.

In May 2020 we installed a new VOIP telephone system which allowed us to log every call to the charity helpline. Over a six-month period 3453 calls were answered by a skeleton staff and several volunteers. Our volunteers were able to take calls from home using digital technology. There were over 10,000 calls coming into the helpline in total during that time, but we were unable to answer them all. There is clearly a need for a fully funded full-time helpline. All calls were logged, and postcodes were recorded giving us a heat map showing a wide geographical reach.

As well as the helpline itself, we support families with letters to schools, attending tribunals and offering training to staff. This is time-consuming, resource-intensive but is a lifeline for the people we support in addition to receiving calls on the helpline, we also receive many enquiries via email. Given our limited resources we are unable to answer all. We have identified this as an area that needs more investment either in staff resources or improvement in our digital technology.

The main subjects of calls were:

Seeking a diagnosis: Calls from both parents and adults seeking a route to diagnosis are now by far the greatest number of calls. In the last year we have seen an explosion in adult diagnosis and especially women in midlife. ADDISS provides advice and support: helping them navigate the system has been a lifeline for many.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Gaming addiction: An increasing problem in younger children especially during lockdown and one with little UK expertise. This is typical of the areas where ADDISS can make a difference by collecting information from specialist and experts internationally as well as in the UK to provide a resource base for practitioners.

Education: Many parents call us because their children's needs are not being properly met in school. They are misunderstood, mismanaged, and lack of staff training leads to inappropriate punishments and exclusions. ADDISS provides advice and support.

In 2021-22, we will investigate how we can help to develop a national helpline that can provide consistent and reliable information to a much wider community.

Online support groups

ADDISS runs a number of online support groups that meet weekly for the most part. These groups include ones for parents, parents of adult children with ADHD, adults affected by ADHD and dedicated groups for women and men. Each group has attendance cap of 20 people; 160 people are registered for the women's' group.

Affiliate groups

ADDISS is developing a programme for other local groups to affiliate to ADDISS, benefitting from ADDISS's experience.

LOCAL PRACTICAL SUPPORT

ADHD in Barnet

ADDISS provides intensive hands-on support to families in Barnet through ADHD in Barnet. As well as providing much-needed local support, this provides a model for how other CCGs can improve the life chances and outcomes for ADHD people and support their families and schools. Barnet is the second largest borough in London where 5000 children are living with ADHD of which only about 8% may have a formal diagnosis. Many families who have children with ADHD find that they have difficulty managing their children's behaviour and that their children are often socially isolated at school and in their local communities.

ADDISS also partners with Voluntary Sector organisations in the local area, such as Barnet SENDIASS, Mencap, the Young Barnet Foundation, Community Barnet and Inclusion Barnet.

We had initially been funded by the Clinical Commission Group from The London Borough of Barnet to deliver the ADDISS gold standard service for 120 families in Barnet. However, this funding has now ended. The CCG recognised the expertise of ADDISS and approached us to fund the ADHD in Barnet Project. CAMHS had been struggling with the number of referrals that they were receiving in relation to ADHD and they funded us to support the CAMHS service. At the time, the CCG commented that; "we realise ADHD is the biggest Mental Health crisis currently faced by society and we acknowledge that we have been letting the ADHD community down for a long time".

We had over 350 families registered with us which far exceeded our goal.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Two new members of staff were appointed to carry out this project alongside the CEO. We began in June 2018 and a further 6 months was funded by the local authority. Funding ran out in March.

Feedback from parents was very positive.

Thank you so much for this programme, it has been so valuable to us as a family, there is so much more peace, organisation, and as a result more space in our time and fun. Please continue to help as many people as you can. Also, my confidence as a parent has grown and as a result my children's confidence in me and themselves as competent people has grown steadily. Many many, thanks to the ADDISS team. Parent BH

Before ADDISS my life was worthless I struggled with everything. I couldn't handle my boys I was drowning every day in tears. Once I got to this project it has been amazing it's like I've been given a magic wand thanks to Andrea and her team. I am in control of my life now. Parent D

123 Magic has been a very powerful tool for me in many ways I found a new life after attended the training it gives me faith and strength to work with my children...The most important thing is that Andrea has taught us not to give up on them and find out what their strengthen is and then invest on it. Parent WC

It has been fantastic, and I look forward to having a more peaceful home and stop shouting and losing my temper. Thank you, Andrea. Parent VG

With over 20 years of experience we hope to share the knowledge and insights we have gained especially with regard to innovative approaches towards improving the lives of children and adults with ADHD and their families.

In 2021 we received funding from the Young Barnet Foundation to continue supporting families in Barnet.

A key part of our new strategy will be to take the lessons from ADHD in Barnet and see how they can be applied nationally by supporting organisations providing similar services elsewhere.

Mentoring

During the academic year 2020-2021 we were commissioned to provide ADHD mentoring and coaching services to young people with ADHD in a local secondary school. This project was very successful, and we have since been commissioned to provide one-to-one mentoring to students with ADHD as well as developing teachers' skills across two sites. WE provide 24 hours of support per week.

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

This is an innovative project from a forward-thinking school, and we do not believe it is available in any other secondary school across the UK: other schools are already contacting us to find out about similar programmes. We hope to build on this model with other schools as part of our strategy.

The ADDISS Resource Centre

The Resource Centre at our offices in North London provides a wide range of books, DVDs and training materials as well as a large amount of reference texts, articles and resources. The resource centre is visited by many different people ranging from parents, adults with ADHD, students, doctors, teachers and many other professionals seeking information, help and support.

We have not been able to operate the Resource Centre during the pandemic but in 2021-22 aim to restart it, although with changes.

ADVANCING KNOWLEDGE AND INFORMATION IN THE UK AND INTERNATIONALLY

Newsletter

ADHD News is our quarterly newsletter. These newsletters carry articles written by contributors all over the world and are of a very high quality. The newsletter is currently sent to paid members of ADDISS which includes parents, professionals and a large number of clinics. It is often given freely at events. It is then placed on the website for general viewing one year after publication. We would like the funding to allow us to publish and give this away freely to all parents and professionals as it has proven to be extremely popular and helpful. Interestingly we do have an international membership reflected in our conference attendance and research.

Website and social media

Whilst the website has up until now been very helpful to the public, it needs updating, not just with information but with new technology to allow better engagement and interaction. We have begun a project to completely replace our website with a version meeting modern standards and hosting a wealth of information as well as using digital technology to allow us to connect better with the public and our subscribers. This is becoming an essential part of our work and we are urgently seeking funding to continue the development.

We currently run a number of closed Facebook groups with over 20,000 members. These are strongly moderated. We have two public Facebook pages which allow us to share information very quickly with followers. Our Facebook pages have a combined following of over 10,000 followers. We also run an international Facebook in collaboration with Empower ADD which has in excess of 13000 followers.

We also manage a twitter account @UK_ADHD with over 5,000 followers, In 2020-21 we employed a Tech Lead who managed our website, social media, e-newsletters and much more, and we need to create and resource a permanent position to continue his work.

A D D Information Services Trustees Report For the year ended 31st March 2021

Talks and awareness

ADHD Awareness Month - October 2020

ADHD Awareness month is an annual opportunity to raise awareness across the globe. We again partnered with ADHD Europe and the ADHD Awareness coalition in the USA to roll out a global campaign looking at ten common myths around ADHD.

PARTICIPATION IN PROJECTS AND RESEARCH

Through our contact with people affected by ADHD and their lived experience, our online groups, newsletter, Facebook page and email newsletter we assist in the understanding of lived experience of ADHD. We apply this knowledge through participation as partners in a number of multi-partner research projects. Our role is typically as Investigator responsible for patient participation. We also help with the dissemination of project outcomes. ADDISS has been asked to participate in a significant number of UK and international research projects with leading universities, including:

- University College London
- Kings College London
- University of Oxford
- University of Newcastle
- University of Southampton
- University of Berne
- Hong Kong University
- University of Nottingham
- University of Huddersfield
- Radboud University, Netherlands

ADDISS is uniquely trusted to do this by researchers because of its deep, long-standing hands-on support for individuals and families affected by ADHD.

Projects in which we are involved include research into

- the relationship between nutrition and ADHD
- how ADHD and obesity may interact
- sleep factors and ADHD
- crosstalk between genetics, immune activation/ inflammation, and microbiome
- pharmaceutical and non-pharmaceutical interventions
- ADHD and remote technology

ADDISS benefits financially through funding for these projects, but they are also significant in building long-term relationships with our partners and extending our knowledge through direct access to the detailed research results and informal knowledge generated.

A D D Information Services Trustees Report For the year ended 31st March 2021

Specific projects of note

Eat2beNICE – A Horizon 20/20 Project

We are involved in an EU project run out of the Netherlands called Eat2beNICE which will investigate the effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing behaviours. Maladaptive impulsivity and compulsivity predispose to antisocial and addictive behaviours. Factors influencing those traits are not well understood, but diet, lifestyle, socio-economic status (SES), sex, and heritability play pivotal roles. The project aims (1) to identify nutrition and lifestyle drivers that can be employed to prevent detrimental impulsivity/compulsivity in males and females across the lifespan, (2) to characterize the etiologic paths leading to extreme behaviour, and (3) to promote

policy changes to counteract maladaptive impulsivity/compulsivity by disseminating evidence-based information about health-related behaviours to families, clinicians, policy makers, and general public. We join experts from multiple disciplines across Europe to achieve this. This project will run until August 2022 <https://newbrainnutrition.com/>

CANDY – A Horizon 20/20 Project

The CANDY project kicked off in March 2020 and took place online as we in the UK and Europe went into lockdown. Neurodevelopmental conditions, such as autism, attention-deficit hyperactivity disorder (ADHD), and intellectual disability (ID) are clinically heterogeneous, often co-exist and they affect ~15% of the European population. They are also often associated with somatic illnesses (e.g. epilepsy, autoimmune and gastrointestinal disease) which can have a strong impact on the quality of life. The combination of ID and epilepsy in autism, for instance, is associated with a reduction in lifespan of ~ 20 years.

Currently, we lack effective new treatments for neurodevelopmental conditions and do not understand why they co-exist. There is hope, however. Recent evidence shows that certain genetic variants, which increase the risk for neurodevelopmental conditions, are shared between these conditions and affect the same biological pathways. Many of these variants impact synaptic plasticity (activity-dependent modification of synaptic transmission) and glutamate and GABA neurotransmission (i.e. excitatory and inhibitory (E/I) balance). The symptom profile and severity are likely also moderated by environmental factors acting at different time points (critical periods). Therefore, we are also investigating the role of early maternal immune activation and the gut microbiome. The interaction between host genetics and gut microbiome could clarify why carrying certain risk-conferring genetic variants only explains a part of the different symptom spectra that we see in neurodevelopmental conditions.

Our overall goal is to improve the understanding of the crosstalk between genetics, immune activation/ inflammation, and microbiome, and thereby provide a compelling novel conceptual framework. <https://www.candy-project.eu/>

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Timespan A Horizon 20/20 Project

Emerging evidence points at a significant association and shared genetic traits between adult attention-deficit / hyperactivity disorder (ADHD) and cardiometabolic conditions such as obesity, type 2 diabetes, and cardiovascular disease, which, when inadequately treated, can lead to adverse outcomes and significant costs for society. Various national guidelines on cardiometabolic disease already highlight the importance of concurrent psychiatric disorders, but there is a lack of knowledge around ADHD. This is problematic given that ADHD is a common, serious, and complex chronic condition among adults. This is where TIMESPAN steps in, fostering improvements in risk stratification and of the treatments for patients with ADHD who also have a cardiometabolic disease.

<https://timespan.eu/>

Concluded projects

Two projects ADDISS was involved in concluded successfully in 2020:

BEHAVE – An Erasmus+ Project. <https://www.behaveproject.eu/>

BASE (Behavioural Assessment to Improve School Environment) – An Erasmus+ Project

<https://www.base-proj.eu/>

Future Research Projects in 2022

We are partners in two new funding approved projects with responsibility for patient participation.

- a. DISCA - Digital Sleep Support for Children with Attention Deficit/Hyperactivity Disorder (The DISCA
- b. Research for Patient Benefit (RfPB) Programme: NIHR203035 – Comparing pharmacological and non-pharmacological interventions for adults with Attention-Deficit/Hyperactivity Disorder (ADHD): systematic review and network meta-analysis

**A D D Information Services
 Trustees Report
 For the year ended 31st March 2021**

Trustees' Name	Trustees' Role	Date Appointed/Co-Opted	Date Resigned
Mrs Jessica Hyams	Acting Chair	20.02.2016	
Mr Danny Eastman	Vice Chair	10.02.2014	22.04.2020
Mrs Sharon O'Dell	Treasurer	12.03.2011	
Mrs Bernadette Ashton	Secretary	11.06.2016	
Mrs Jenny Missen	Trustee	12.03.2011	
Dr Rashmin C Tamhne	Trustee	12.03.2011	
Paul Mann	Trustee	07.11.2021	
Philip Anderton PhD	Trustee	12.09.2021	
Ernest Ambe	Trustee	12.09.2021	

Members of the Professional Advisory Board:

Prof. Eric Taylor

Prof. Peter Hill

Dr Daphne Keen

Prof. Jeremy Turk

Prof. Ian Wong

Paul Cooper PhD

Dr Nikos Myttas

Dr Paramala Santosh

Dr David Coghill

Dr Val Harpin

Prof. Amanda Kirby

Professor Chris Hollis

Dr Ulrich Muller-Sedgwick

Jane -Sedgwick-Muller

**A D D Information Services
Trustees Report
For the year ended 31st March 2021**

Trustees' responsibilities in relation to the financial statements

The A D D Information Services trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom accounting Standards (United Kingdom Generally Accepted Accounting Practice)

The law applicable to Charities in England requires Trustees to prepare financial statements for each year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources for that period. In preparing the financial statements the trustees are required to: -

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP
- make judgments 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 charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees declare that they have approved this report.

Full Name: Jessica Hyams

Position: Acting Chair

Signature: 

Date: 01 / 31 / 2022

**A D D Information Services
Independent Examiner's Report
For the year ended 31st March 2021**

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Signature: *Keisha Chidziva*

Name: Keisha Chidziva

Date: 29/01/2022

Professional Qualification: BSc Applied Accounting

Address: Community Barnet
SEIDS Hub, Empire Way, Wembley, HA9 0RJ

A D D Information Services
Statement of Financial Activities
For the year ended 31st March 2021

	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2021	2021	2021	2020
		£	£	£	£
Income from:					
Charitable Activities	2	133,161	39,319	172,480	94,123
Investments	3	2	-	2	4
Total Income		<u>133,164</u>	<u>39,319</u>	<u>172,483</u>	<u>94,127</u>
 Expenditure on:					
Charitable Activities	4	<u>(125,625)</u>	<u>(18,009)</u>	<u>(143,633)</u>	<u>(148,973)</u>
Total Expenditure		<u>(125,625)</u>	<u>(18,009)</u>	<u>(143,633)</u>	<u>(148,973)</u>
 Net Income and (Expenditure) before transfers		7,539	21,310	28,849	(54,846)
Transfers		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
 Net Income and (Expenditure)		7,539	21,310	28,849	(54,846)
Reconciliation of Funds					
 Total Funds Brought Forward		<u>31,865</u>	<u>16,717</u>	<u>48,582</u>	<u>103,428</u>
Total Funds Carried Forward		<u>39,404</u>	<u>38,027</u>	<u>77,431</u>	<u>48,582</u>

A D D Information Services
Balance Sheet
as at 31st March 2021

		2021		2020	
	Notes	£	£	£	£
Fixed Assets					
Investment	5		<u>25,000</u>		<u>25,000</u>
			25,000		25,000
Current Assets					
Cash at Hand and Bank		47,775		21,500	
Debtors	6	<u>8,566</u>		<u>3,968</u>	
		56,341		25,468	
Creditors: Amounts falling due within one year	7	<u>(3,910)</u>		<u>(1,887)</u>	
			<u>52,431</u>		<u>23,581</u>
			<u>77,431</u>		<u>48,582</u>
Restricted Funds	8		38,027		16,717
Unrestricted Funds	9		<u>39,404</u>		<u>31,865</u>
			<u>77,431</u>		<u>48,582</u>

The Trustees declare that they have approved this report.

Full Name:

Position:

Signature:

Date:

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2021

Basis of accounting

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 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. After due consideration, it was concluded that no restatement of the comparatives was required.

The financial statements have been prepared on a going concern basis. In arriving at this conclusion, the trustees have taken into account any material uncertainties that may affect the charity's ability to continue as a going concern.

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Funds Structure

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the funder.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty or receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Donations represent voluntary amounts received during the year.

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities.

**A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2021**

1. ACCOUNTING POLICIES (continued)

Cash Flow Statement

The Charity has taken advantage of FRS 102 (Section 1A) which exempts small charities from preparing Cash Flow Statements.

Trade Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Trade Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Fixed Assets

Fixed Assets costing £250 or more are initially recorded at cost.

Depreciation

It is provided on tangible fixed assets to write off the cost or valuation, less any estimation residual value over their expected useful economic life as follows:

Plant and Machinery	33% reducing balance basis
Fixtures and Fittings	25% reducing balance basis

Investment

Fixed Asset investments are stated at cost less diminution in value

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2021

2. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Behave	-	-	-	10,607
London Borough of Barnet	-	-	-	-
Eat 2 Be Nice	-	-	-	11,565
Base	-	4,905	4,905	11,224
Barnet CCG	-	-	-	31,760
Young Barnet Foundation	-	10,337	10,337	7,983
European Grants	-	9,336	9,336	-
Pears Foundation	-	14,740	14,740	-
Grant Income	68,390	-	68,390	-
Contract Income	13,908	-	13,908	-
Donations and Gifts	26,977	-	26,977	8,259
Fundraising Income	-	-	-	39
Other Income	1,637	-	1,637	5,296
Conference and Book Sales	-	-	-	973
Subscription	7,933	-	7,933	3,828
Consultancy and Training	14,316	-	14,316	2,589
Total	133,161	39,318	172,480	94,123

3. Investment Income

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Bank Interest	2	0	2	4
	<u>2</u>	<u>0</u>	<u>2</u>	<u>4</u>

4. Total Expenditure on Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Publicity Costs	19	-	19	1,608
Salaries	108,150	15,847	123,997	126,728
Other Direct Costs	2,032	1,329	3,361	6,576
Establishment Costs	10,153	720	10,873	1,013
Printing, posting and Stationery	1,522	-	1,522	1,054
Travel and Subsistence	1,274	113	1,387	9,318
Accountancy Fees	2,475	-	2,475	2,675
	<u>125,625</u>	<u>18,009</u>	<u>143,633</u>	<u>148,973</u>

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2021

The rental expenditure for the Charity was donated and paid by ADD Information Services Ltd.

5. Investments held as Fixed Assets

	Investment in group and associated undertakings
Market Value	£
As at 1st April 2020 and 31st March 2021	25,000
Net book value	
As at 31st March 2021	25,000
As at 31st March 2020	25,000

All investment assets were held in the UK.

The charity holds more than 20% of the share capital of the following company:

Subsidiary undertakings	Country of Incorporation	Principal Activity	Class	%
A D D Information Services Limited	England and Wales	Marketing of books and videos and the running of conferences on Attention Deficit Disorder Syndrome	Ordinary Shares	100

Subsidiary undertakings	Capital & Reserves	Profit/(loss) for the period
	£	£
A D D Information Services Limited	6,158	(30,608)

6. Debtors

	2021	2020
	£	£
Trade Debtors	8,566	3,968
	8,566	3,968

A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2021

7. Creditors

	2021	2020
	£	£
Other Creditors	(3,910)	(1,887)
	<u>(3,910)</u>	<u>(1,887)</u>

8. Restricted Funds

	At 1st April 2020	Incoming Resources	Resources Expended	At 31st March 2021
	£	£	£	£
Behave	1,265	-	(1,214)	51
London Borough of Barnet	1	-	-	1
Eat 2 Be Nice	10,244	-	(10,161)	83
Base	1,882	4,905	(1,843)	4,945
Young Barnet Foundation	3,325	10,337	(4,791)	8,871
European Grants	-	9,336	-	9,336
Pears Foundation	-	14,740	-	14,740
Total	<u>16,717</u>	<u>39,319</u>	<u>(18,009)</u>	<u>38,027</u>

9. Unrestricted Funds

	At 1st April 2020	Incoming Resources	Resources Expended	At 31st March 2021
	£	£	£	£
General Funds	<u>31,865</u>	<u>133,164</u>	<u>(125,625)</u>	<u>39,404</u>

10. Related Parties

Controlling entity

The Charity is controlled by the trustees.

Related party transaction

At the balance sheet date, Mrs. J Missen and Mrs. O'Dell jointly owned on trust all the issue share capital of A D D Information Services Limited on behalf of A D D Information Services.

11. Employees Remuneration

The aggregate payroll cost of these were as follows:

	2021	2020
	£	£
Wages and Salaries	<u>123,997</u>	<u>126,728</u>

**A D D Information Services
Notes to the Financial Statements
For the year ended 31st March 2021**

No Trustees received any remuneration during the year

TITLE	ADDISS Trustees report and annual accounts
FILE NAME	A D D INFORMATION...Final- Signed.pdf
DOCUMENT ID	dd62c55af7a47947bdd0aa0f80d079a8c2f254c7
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