

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

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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.

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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.

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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

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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

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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.

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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

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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.

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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.

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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.

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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**

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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.

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Trustees Report
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| 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

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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

| | | 2023 | | 2022 | |
|--|--------------|-----------------|---------------|----------------|---------------|
| | Notes | £ | £ | £ | £ |
| Fixed Assets | | | | | |
| Investment | 5 | | <u>25,000</u> | | <u>25,000</u> |
| | | | 25,000 | | 25,000 |
| Current Assets | | | | | |
| Cash at Hand and Bank | | 12,204 | | 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