

# ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADDUP)

England & Wales · Charity number 1091461

## Details

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**Other names** ADD+UP, ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADD+UP), ATTENTION DEFICIT DISORDERS UNITING PARENTS IN HAVERING, BARKING AND DAGENHAM AND THE SURROUNDING AREA (ADD + UP), ADDUP

**Status** Registered

**Legal form** Other

**Registered** 2002-03-27

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

## Contact

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**Address** Addup  
59 Billet Lane  
Hornchurch  
RM11 1AX

**Phone** 01708454040

**Email** [addup@addup.co.uk](mailto:addup@addup.co.uk)

**Website** [www.addup.co.uk](http://www.addup.co.uk)

## Activities

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**Objects:** I) THE RELIEF OF SICKNESS BY THE PROVISION OF INFORMATION, ADVICE AND TREATMENTS TO THOSE AFFECTED BY ATTENTION DEFICIT HYPERACTIVITY DISORDERS (AND ANY CO-MORBIDITIES), THEIR FAMILIES AND CARERS, PARTICULARLY IN THE LONDON BOROUGHS OF HAVERING, BARKING AND DAGENHAM; ANDII)THE ADVANCEMENT OF PUBLIC EDUCATION REGARDING ATTENTION DEFICIT HYPERACTIVITY DISORDERS (AND ANY CO-MORBIDITIES).

**Activities:** Support families with children with ADHD and Associated Disorders offering:School Holiday Activity Projects; After School Clubs; Drama Group; Parent/Child Training Courses; Parents Support Group Meetings; Family Outings; Christmas Party; A Drop-in Service; Library; Website; Schools/Professionals Training; Outreach Work; Representation at Meetings; Conference, Volunteer Mentoring Programme

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Children/young People, People With Disabilities

## Geography

- **Area of benefit:** LONDON BOROUGHS OF HAVERING, BARKING AND DAGENHAM AND SURROUNDING AREA
- Barking And Dagenham
- Essex
- Havering
- Redbridge
- Waltham Forest

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£112,272	£153,111	-	-
2024-03-31	£166,294	£167,888	-	-
2023-03-31	£112,849	£183,025	-	-
2022-03-31	£225,289	£163,927	-	-
2021-03-31	£133,067	£108,806	-	-

## Trustees

Name	Role	Appointed
Emma Gordon	Chair	2018-04-20
Amy Howard-Love		2024-07-11
Ben Nye		2023-04-20
Claire Huzzey		2024-02-29
DEBRA JULIE REID		
Ina Ramancauske		2023-09-14
LYNDSAY MARSH		
Michelle Todd		2019-06-27



**ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADDUP)**

England & Wales - Charity number 1091461

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# Accounts

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Registered charity number  
1091461

Attention Deficit Disorders Uniting Parents (Addup)

Annual Report and Financial Statements

31 March 2025

**Attention Deficit Disorders Uniting Parents (Addup)  
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**Attention Deficit Disorders Uniting Parents**  
**(Addup)**  
**Management Committee's Annual Report**  
**For the Year Ended 31<sup>st</sup> March 2025**

<b>Full Name</b>	Attention Deficit Disorders Uniting Parents (ADDUP)
<b>Other names the Charity is known by</b>	ADDUP
<b>Registered charity number</b>	1091461
<b>Principal Address</b>	59 Billet Lane, Hornchurch, Essex RM11 1AX

**Management Committee**

Emma Gordon	- Chairperson
Lyndsay Marsh	- Secretary
Michelle Todd	- Treasurer
Debby Reid	- Member minutes' secretary
Claire Huzzey	- Member
Ben Nye	- Member
Ina Ramancauske	- Member
Amy Howard-Love	- Member appointed 11 July 2024
Stephanie Ames	- Member resigned 16 October 2024
Lee Henderson	- Member resigned 18 April 2024
Nicolette Berkovitch-Perry	- Member resigned 17 February 2025
Natalie Smith	- Member resigned 21 October 2024

**Senior Staff Members**

Lady Sheila Keeling	- CEO
Lyndsay Marsh	- Centre Manager
Michelle Todd	- Admin Officer

**Governing Document**

The Charity is operated under the rules of its constitution adopted 12<sup>th</sup> July 1999 and more recently amended 8<sup>th</sup> September 2017. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

**Bankers**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4JQ

**Independent Examiner**

R.J. Copeland FFA/FIPA, Stephen Farra Associates Limited 98 Hornchurch Road, Hornchurch, Essex RM11 1JS.

## Aims and Organisation

The principal objects of the Charity are:

1. The relief of sickness by the provision of information, advice and treatments to those affected by Attention Deficit Hyperactivity Disorders (and any co-morbidities), their families and carers, particularly in the London Boroughs of Havering, Barking and Dagenham; and surrounding areas.
2. The advancement of public education regarding Attention Deficit Hyperactivity Disorders (and any co-morbidities).

We have come to end of another financial year and the outlook still looks bleak for the voluntary sector and ADDUP. We have struggled to gain funding this year, it would appear that many funders have changed their criteria to different projects which does not include children and young people and, when you find one with a criteria you fit into, the competition is huge. We do feel the smaller grass root Charities are often overlooked for funding which tends to go to the more well-known Charities. Local Authorities are struggling with many on the verge of bankruptcy so they cannot give the funding they used to fill the gaps while waiting for a successful bid. Due to this funding crisis within the voluntary sector many Charities have had to reduce their services or close all together hence support for services are dwindling but the need is greater than ever.

We have survived another year, writing funding applications has become a big part of our day, our success rate is small because of the competition yet ADHD is high on everyone's agenda. The media coverage of ADHD has grown considerably lately with many more well-known personalities "coming out" with an ADHD diagnosis, yet there is still a battle to get services like ours funded while there is no statutory support specific for ADHD.

Although our budgets have been reduced we have still provided a good service to our families. Our clubs and activities have continued, we have a dedicated team of staff who are putting in more voluntary hours to support the clubs and activities. The children continue to thrive under ADDUP's care and support and we promoted two young people recently to Blue T-Shirt volunteer/mentor status after they completed a three-month training programme. They are now engaging in more training looking towards becoming a staff member at a later date.

We were funded by the Integrated Care Board (NHS) for our "Monster Inside" parent/child training programme however that has ceased for now, we are waiting to be told whether the funding will continue for the next financial year. This has caused an issue as many parents join ADDUP to access this training programme, it is one of the most popular programmes we run for parents and children, it is always oversubscribed and we are very proud of the outcomes we get from delivering the programme. We are seeking funding from other sources while we wait because demand is growing and once we are successful in getting the programme funded it will take a while to get the waiting list for a place down.

It has been tough this year, we cannot predict where ADDUP will be this time next year but we continue to operate and provide services for now which we know have a huge impact on the parents and children of the ADHD community.

My retirement plans did not happen as I expected, but to say I love what I do is an understatement, to see a child progress from saying "no" to everything to joining in, making friends and smiling again is such pure joy, to know that child will survive ADHD and make an impact on the world is why we do what we do and we will continue to do.

**The Charity's Polity on Reserves**

Addup's policy is to keep in reserve approximately six months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed .....  ..... Date ..... 24th July 2025 .....

**Emma Gordon, Chairperson**

**Attention Deficit Disorders Uniting Parents (Addup)  
Independent Examiners Report**

**Respective responsibilities of Trustees and Examiner:**

The charity's trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the 2011 Act"). They have considered that an audit is not required for this year under Section 144(2) of the Act and that an Independent Examination is appropriate.

It is my responsibility to :

- Examine the accounts under section 145 of the 2011 Act; and
- Follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)
- State whether any matters have come to my attention.

**Basis of Independent Examiners Report**

My examination was carried out in accordance with the general directions given by the Charity Commission. An independent examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

The examination also includes consideration of any unusual items or disclosures in the accounts and the seeking of explanations from the trustees and staff concerning such matters.

The procedures undertaken do not provide all the evidence required in an audit. Consequently, no opinion is given as to whether the accounts present a "true and fair view". My report is limited to those matters set out in the statement below.

**Independent Examiners 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 2011 Act;  
and to prepare:
  - Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 Act have not been met.

Or

- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

Signed R J Copeland Date 18 July 2025

**R J Copeland FFA/FIPA**  
Stephen Farra Associates  
Accountants and Tax Advisors  
98 Hornchurch Road  
Hornchurch Essex  
RM11 1JS

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Receipts and Payments Account**  
**Year Ended 31 March 2025**

	Note	Unrestricted £	Restricted £	2025 £	2024 £
<b>Receipts</b>					
Grants & Donations	2	45,928	30,450	<b>76,378</b>	134,837
Fundraising		5,439		<b>5,439</b>	5,274
Membership Fees		4,435		<b>4,435</b>	3,870
Bank Interest		1,836		<b>1,836</b>	1,737
Generated Income		23,479		<b>23,479</b>	20,027
Gift Aid		705		<b>705</b>	549
Management fee				-	-
		<u>81,822</u>	<u>30,450</u>	<u><b>112,272</b></u>	<u><b>166,294</b></u>
<b>Payments</b>					
Wages, NI & Pensions		100,462	20,891	<b>121,353</b>	140,795
Payroll Services		882	213	<b>1,094</b>	960
Staff Travel		178	10	<b>187</b>	139
Staff, Committee & Volunteer Expenses		960	443	<b>1,403</b>	1,374
Rent, Room Hire & Service Charges		10,559	3,040	<b>13,599</b>	13,057
Legal & Professional		712	231	<b>943</b>	
insurance		903	99	<b>1,002</b>	893
Telephone & Postage		783	303	<b>1,086</b>	731
Printing, Stationery & Cards		1,805	240	<b>2,044</b>	1,714
Publications & Subscriptions		323		<b>323</b>	110
Equipment, Repairs & Renewal		542	224	<b>766</b>	1,191
IT Software & Maintenance		250	70	<b>320</b>	402
Projects & Trips		3,067	1,950	<b>5,017</b>	3,595
Hospitality & Refreshments		557	878	<b>1,435</b>	1,214
Independent Examination		630	630	<b>1,260</b>	1,200
Fundraising Expenses		1,001		<b>1,001</b>	275
Bank Charges		60		<b>60</b>	72
Card Charges		127		<b>127</b>	5
Sundry Payments		63	28	<b>91</b>	161
		<u>123,862</u>	<u>29,249</u>	<u><b>153,111</b></u>	<u>167,888</u>
<b>Net Receipts / Payments</b>		<u><b>(42,040)</b></u>	<u>1,201</u>	<u><b>(40,839)</b></u>	<u><b>(1,594)</b></u>
Funds at the start of this period		110,564	(13,231)	<b>97,333</b>	<b>98,928</b>
Fund Transfers					
Funds at the end of this period		<u>68,524</u>	<u>(12,030)</u>	<u><b>56,494</b></u>	<u>97,334</u>

**Attention Deficit Disorders Uniting Parents (Addup)  
Statement of Assets and Liabilities  
as at 31 March 2024**

	Notes	31 March 2025		31 March 2024	
		£	£	£	£
<b>Current Assets</b>					
Debtors	4				
Cash at bank and in hand		<u>57,754</u>		<u>98,533</u>	
		57,754		98,533	
<b>Current Liabilities</b>					
Creditors	5	1,260		1,200	
<b>Net current assets</b>			56,494		97,333
<b>Net assets</b>			<u>56,494</u>		<u>97,333</u>
<b>Charity Funds</b>					
Unrestricted			68,524		110,564
Restricted			(12,030)		(13,231)
			<u>56,494</u>		<u>97,333</u>

**Assets retained for Charities own use**

The charity also retains some general equipment for its own use.

  
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Signed on its behalf by the chairperson.

Approved by the charity on ...24th July 2025.....

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**1 Receipts and Payments Accounts**

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

<b>2 Grants &amp; Donations</b>	<b>Unrestricted £</b>	<b>Restricted £</b>	<b>2025 £</b>	<b>2024 £</b>
Clinical Commissioning Group (Havering)	-	15,400	15,400	15,000
Jack Petchey Foundation	-	900	900	1,500
Masonic Foundation	-	5,000	5,000	5,000
LBH Community Chest	-	4,150	4,150	
Tesco	-	1,000	1,000	375
The Essex Youth Trust	-	3,000	3,000	3,000
The National Lottery Fund	-	-	-	71,493
Jack Petchey Leaders Award	-	1,000	1,000	-
Sundry Grants & Donations	45,928	-	45,928	38,469
	-	-		
	<u>45,928</u>	<u>30,450</u>	<u>76,378</u>	<u>134,837</u>

<b>3 Funds Analysis</b>	<b>Opening Balance £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Fund Transfers £</b>	<b>Closing Balance £</b>
<b>Restricted Funds</b>					
Clinical Commissioning		15,400	15,400		-
Jack Petchey	835	900	720		1,015
Jack Petchey Leaders Award		1,000	2,000		(1,000)
LBHCC		4,150	4,150		-
Tesco		1,000			1,000
Masonic Foundation		5,000	5,000		-
The Essex Youth Trust		3,000		-	3,000
Sundry Grants & Donations	105	245	350		-
Restricted Funds	<u>940</u>	<u>30,695</u>	<u>27,620</u>	<u>-</u>	<u>4,015</u>
Unrestricted Funds	<u>110,564</u>	<u>81,822</u>	<u>123,862</u>	<u>-</u>	<u>68,524</u>

<b>4 Creditors: amounts falling due within one year</b>	<b>2024 £</b>
Accrued Expenses	<u>1,260</u>

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**5 Trustees' remuneration and related party transactions**

Members of the management committee and/or their relatives received remuneration amounting to £69,212 for the year ended 31 March 2025. (staff wages )

**6 Designated Funds (Unrestricted)**

Included within the closing balance of unrestricted funds (£68,555) is a designated amount of £8,161.51 held in the Wilmington Trust account. This sum was originally received as part of a general-purpose grant and has not been subject to donor-imposed restrictions.

The trustees have internally designated this amount for future administrative staffing needs as part of a planned strategy to support service continuity and governance. As this designation arises solely from a trustee decision, the funds remain legally unrestricted and available for general charitable use, in accordance with the Charities SORP (FRS 102).

**ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADDUP)**

England & Wales - Charity number 1091461

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# Accounts

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Registered charity number  
1091461

Attention Deficit Disorders Uniting Parents (Addup)

Annual Report and Financial Statements

31 March 2024

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**Attention Deficit Disorders Uniting Parents**  
**(Addup)**  
**Management Committee's Annual Report**  
**For the Year Ended 31<sup>st</sup> March 2024**

<b>Full Name</b>	Attention Deficit Disorders Uniting Parents (ADDUP)
<b>Other names the Charity is known by</b>	ADDUP
<b>Registered charity number</b>	1091461
<b>Principal Address</b>	59 Billet Lane, Hornchurch, Essex RM11 1AX

**Management Committee**

Emma Gordon	- Chairperson
Lyndsay Marsh	- Secretary
Michelle Todd	- Treasurer
Debby Reid	- Member minutes' secretary
Natalie Smith	- Member
Ben Nye	- Member
Nicolette Berkovitch-Perry	- Member
Lee Henderson	- Member
Ina Ramancauske	- Member appointed 14 September 2023
Stephanie Ames	- Member appointed 14 September 2023
Claire Huzzey	- Member appointed 29 February 2024
Fay Kern	- Member resigned 14 September 2023
Louise Moran	- Member resigned 13 December 2023

**Senior Staff Members**

Lady Sheila Keeling	- CEO
Lyndsay Marsh	- Centre Manager
Michelle Todd	- Admin Officer

**Governing Document**

The Charity is operated under the rules of its constitution adopted 12<sup>th</sup> July 1999 and more recently amended 8<sup>th</sup> September 2017. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

**Bankers**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4JQ

**Independent Examiner**

R.J. Copeland, Stephen Farrar Associates, Accountants and Tax Advisers, 98 Hornchurch Road, Hornchurch, RM11 1JS.

## **Aims and Organisation**

The principal objects of the Charity are:

1. The relief of sickness by the provision of information, advice and treatments to those affected by Attention Deficit Hyperactivity Disorders (and any co-morbidities), their families and carers, particularly in the London Boroughs of Havering, Barking and Dagenham; and surrounding areas.
2. The advancement of public education regarding Attention Deficit Hyperactivity Disorders (and any co-morbidities).

As we enter this forthcoming year we reflect on the past year at Addup. It was not an easy year with a change of staff late in the year, which did impact on the staff and children however, with the strong team, we have pulled it together and have come out much stronger, open, and happier.

At the end of this financial year, after 27 years, Sheila Keeling (CEO) decided that the time had come to semi-retire from Addup however, as one of the founder members, and the last one standing, this was not an easy decision as Addup has been her life for so long. She is still giving her time to Addup to deliver the training, which is a passion of hers, and spend time with the children when she is needed. She always knew full retirement was not going to happen, when you start something it is very hard to walk away, so she will be around on a part-time basis.

Our services are much more in demand, our membership numbers have increased over this last year and continue to grow, with many wanting to access our “Monster Inside” parent/child training programme which has become very well known locally, hence more families are being referred to us to do the course. We are very proud of this course, we developed it based on the needs of our children, they told us what does not work and how they would like things to be done differently. We continue to review, add, and develop this programme as needs change but feedback tells us the success rate is high.

Funding has been difficult since COVID, funders appear to have changed their criteria and, with fewer opportunities and more Charities applying, we are just not hitting the right note for our bids to be successful but without feedback we are not sure where our bids are going wrong. We continue to seek new funders however we will not change our remit to fit in a box, we want to deliver services that meet the needs of our children and families.

As we enter our 27<sup>th</sup> year we continue to learn and adapt to the needs of our families. We have a strong team, our staff are loyal, dedicated, and amazing, giving everything to the children, taking them from being unable to manage their ADHD to super stars.


When Addup started 27 years ago we asked the children then “would you take away your ADHD diagnosis?” the majority said yes, we asked the children we have today the same question, they all said, “no, because it defines who I am and why do I need to change for everyone else”. A strong positive change because we teach our children to use their ADHD as an asset not a hindrance to learning.

**The Charity's Polity on Reserves**

Addup's policy is to keep in reserve approximately six months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed  ..... Date ..... 8th July 2024 .....

**Emma Gordon, Chairperson**

**Attention Deficit Disorders Uniting Parents (Addup)  
Independent Examiners Report**

**Respective responsibilities of Trustees and Examiner:**

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to :

- Examine the Accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether particular matters have come to my attention.

**Basis of Independent Examiners Report**

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act;  
and to prepare:
  - Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 Act have not been met.

Or

- 2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

Signed R J Copeland Date 8 July 2024

**R J Copeland FFA/FIPA**  
Stephen Farra Associates  
Accountants and Tax Advisors  
98 Hornchurch Road  
Hornchurch Essex  
RM11 1JS

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Receipts and Payments Account**  
**Year Ended 31 March 2024**

	Note	Unrestricted £	Restricted £	2024 £	2023 £
<b>Receipts</b>					
Grants & Donations	2	38,469	96,368	<b>134,837</b>	74,281
Fundraising		5,274		<b>5,274</b>	6,220
Membership Fees		3,870		<b>3,870</b>	3,930
Bank Interest		1,737		<b>1,737</b>	600
Generated Income		20,027		<b>20,027</b>	19,558
Gift Aid		549		<b>549</b>	722
Management fee				<b>-</b>	7,538
		<u>69,926</u>	<u>96,368</u>	<b>166,294</b>	<b>112,849</b>
<b>Payments</b>					
Wages, NI & Pensions		50,275	90,520	<b>140,795</b>	149,665
Payroll Services		240	720	<b>960</b>	960
Staff Travel		4	134	<b>139</b>	183
Staff, Committee & Volunteer Expenses		894	480	<b>1,374</b>	1,713
Rent, Room Hire & Service Charges		3,301	9,756	<b>13,057</b>	15,579
Insurance			893	<b>893</b>	812
Telephone & Postage		14	717	<b>731</b>	575
Printing, Stationery & Cards		286	1,428	<b>1,714</b>	1,698
Publications & Subscriptions		110		<b>110</b>	110
Equipment, Repairs & Renewal		413	778	<b>1,191</b>	2,682
IT Software & Maintenance		402		<b>402</b>	138
Projects & Trips		3,490	105	<b>3,595</b>	1,203
Hospitality & Refreshments		316	899	<b>1,214</b>	1,574
Independent Examination		600	600	<b>1,200</b>	1,200
Fundraising Expenses		275		<b>275</b>	4,088
Bank Charges		72		<b>72</b>	72
Card Charges		5		<b>5</b>	18
Sundry Payments		139	22	<b>161</b>	755
		<u>60,837</u>	<u>107,052</u>	<b>167,888</b>	<u>183,025</u>
<b>Net Receipts / Payments</b>		<u>9,089</u>	<u>(10,684)</u>	<b>(1,595)</b>	<u>(70,176)</u>
Funds at the start of this period		101,475	(2,547)	<b>98,928</b>	<b>159,776</b>
Fund Transfers					
Funds at the end of this period		<u>110,564</u>	<u>(13,231)</u>	<b>97,333</b>	<u>89,600</u>

**Attention Deficit Disorders Uniting Parents (Addup)  
Statement of Assets and Liabilities  
as at 31 March 2024**

	Notes	31 March 2024		31 March 2023	
		£	£	£	£
<b>Current Assets</b>					
Debtors	4				
Cash at bank and in hand		<u>98,533</u>		<u>100,128</u>	
		98,533		100,128	
<b>Current Liabilities</b>					
Creditors	5	1,200		1,200	
<b>Net current assets</b>			97,333		98,928
<b>Net assets</b>			<u>97,333</u>		<u>98,928</u>
<b>Charity Funds</b>					
Unrestricted			110,564		101,475
Restricted			(13,231)		(2,547)
			<u>97,333</u>		<u>98,928</u>

**Assets retained for Charities own use**

The charity also retains some general equipment for its own use.



**Signed on its behalf by the chairperson.**

**Approved by the charity on ...8th July 2024.....**

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**1 Receipts and Payments Accounts**

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

<b>2 Grants &amp; Donations</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Clinical Commissioning Group (Havering)	-	15,000	15,000	15,000
Co-op Community Fund	-	-	-	1,579
Jack Petchey Foundation	-	1,500	1,500	
Masonic Foundation	-	5,000	5,000	
LBH Community Chest	-	-	-	4,150
Tesco	-	375	375	1,125
The Essex Youth Trust	-	3,000	3,000	
The National Lottery Fund	-	71,493	71,493	34,784
Awards for All	-	-	-	9,960
Sundry Grants & Donations	38,469	-	38,469	7,683
	<u>38,469</u>	<u>96,368</u>	<u>134,837</u>	<u>74,281</u>

<b>3 Funds Analysis</b>	<b>Opening Balance</b>	<b>Income</b>	<b>Expenditure</b>	<b>Fund Transfers</b>	<b>Closing Balance</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Restricted Funds					
Awards for All (life Skills)	6,715		6,715	-	-
Clinical Commissioning		15,000	15,000		-
Jack Petchey		1,500	665		835
Tesco	1,125	375	1,500		-
The Essex Youth Trust	381	3,000	3,381		-
Masonic Foundation		5,000	5,000		-
The National Lottery Fund	3,286	71,493	74,779	-	-
Sundry Grants & Donations		38,469	38,364		105
Restricted Funds	<u>11,507</u>	<u>134,837</u>	<u>145,404</u>	<u>-</u>	<u>940</u>
Unrestricted Funds	<u>101,475</u>	<u>69,926</u>	<u>60,837</u>	<u>-</u>	<u>110,564</u>

<b>4 Creditors: amounts falling due within one year</b>	<b>2024</b>
	<b>£</b>
Accrued Expenses	<u>1,200</u>

**5 Trustees' remuneration and related party transactions**

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

Members of the management committee and/or their relatives received remuneration amounting to £46,576 for the year ended 31 March 2024. (staff wages )

**6 Legal and professional fees**

2023 £8,410 re analysed to Wages, NI & Pensions

**ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADDUP)**

England & Wales - Charity number 1091461

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# Accounts

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Registered charity number  
1091461

Attention Deficit Disorders Uniting Parents (Addup)

Annual Report and Financial Statements

31 March 2023

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**Attention Deficit Disorders Uniting Parents**  
**(Addup)**  
**Management Committee's Annual Report**  
**For the Year Ended 31<sup>st</sup> March 2023**

<b>Full Name</b>	Attention Deficit Disorders Uniting Parents (ADDUP)
<b>Other names the Charity is known by</b>	ADDUP
<b>Registered charity number</b>	1091461
<b>Principal Address</b>	59 Billet Lane, Hornchurch, Essex RM11 1AX

**Management Committee**

Emma Gordon	- Chairperson appointed 14 January 2023
Lyndsay Marsh	- Secretary
Michelle Todd	- Treasurer
Debby Reid	- Member minutes secretary
Fay Kern	- Member
Natalie Smith	- Member appointed 14 July 2022
Louise Moran	- Member appointed 14 July 2022
Nicolette Berkovitch-Perry	- Member appointed 20 April 2023
Ben Nye	- Member appointed 20 April 2023
Lee Henderson	- Member appointed 20 April 2023
Helen Morgan	- Member resigned 6 July 2023
Natasha Hayworth	- Member resigned 7 July 2022
Ann- Marie Stevens	- Member resigned 7 July 2022
Karen Murphy	- Member resigned 7 July 2022
Geoff Hartnell	- Chairperson passed away 13 January 2023

**Senior Staff Members**

Sheila Keeling	- Chief Executive Officer
Lyndsay Marsh	- Centre Manager

**Governing Document**

The Charity is operated under the rules of its constitution adopted 12<sup>th</sup> July 1999 and more recently amended 8<sup>th</sup> September 2017. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

**Bankers**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4JQ

**Independent Examiner**

R.J. Copeland, Bruce Allen LLP, 3<sup>rd</sup> Floor Scottish Mutual House, 27-29 North Street, Hornchurch, Essex RM11 1RS.

## Aims and Organisation

The principal objects of the Charity are:

1. The relief of sickness by the provision of information, advice and treatments to those affected by Attention Deficit Hyperactivity Disorders (and any co-morbidities), their families and carers, particularly in the London Boroughs of Havering, Barking and Dagenham; and surrounding areas.
2. The advancement of public education regarding Attention Deficit Hyperactivity Disorders (and any co-morbidities).

We have actually reached the 25 years milestone of the life of Addup! How did we get here? This was something that many of us thought would never happen.

Starting out as a group of parents of children recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) what were we going to do? We had children with a “new” condition that we knew nothing about, we did not have the internet to investigate, we learnt from books. Yes, we wanted to change the perception about ADHD however we had to learn about ADHD first, and then inform other professionals involved in our children’s lives, this was not an easy journey. Firstly, it was difficult to get educators to accept our children as having ADHD then, that we as parents had made the decision to medicate our children. We persevered and we feel we won the battle however this journey is not over, there is still much stigma attached to ADHD but with more celebrities declaring their ADHD the journey does not appear to have so many obstacles, but it does continue.

We feel that the Charity being run by parents of children with ADHD themselves has a big impact on our families, they know we are not going to judge them or their children, that we are there to support and help them along their journey. This also reflects in feedback we get from our training packages, particularly from educators, they tell us “coming from someone who has lived ADHD has a bigger impact”.

We continue to offer our services to families, our membership continue to grow however it is very different to when we started. The challenges our families face in the light of COVID and the cost-of-living crisis is impacting on family life. The children we see now are more challenging with more complex needs. Is this an outcome of Covid and lockdown? We don’t know, what we do know is we have had to adapt our work to meet those challenges, learning new ways of working with the children and the parents.

This has been a settled year financially however we know we need to seek future funding to secure our service. We need to secure funding for posts, however this is proving difficult. There is not so much funding available, with many Charities chasing the same pot, but we complete the application, feel we meet the criteria and prove we can deliver but are rejected, knocking our confidence. We know funders have difficult decisions to make of who to fund but we do feel it’s always us that gets turned down. We will persevere, we have to, to be able to continue our services.

This year we celebrated with an Anniversary Ball, a wonderful celebration of our achievements, tenacity, and staying power. We know what we have done over the last 25 years has changed people’s

perception of ADHD, made a difference to so many children's lives and, we see the fruition of our work through the adults who started as children with Addup and are now in worthwhile employment and leading successful lives.

When we started, we wanted to change the world, we wanted our children to be accept for who they are, funny, creative, and caring children who have a brain that is wired up differently but, if nurtured and supported they will use their ADHD brains as their superpower to achieve their goals and with the support of Addup they do.

When we started out 25 years ago, we were "just" a group parents, today I realise we were not "just" a group of parents, we were warriors who have fought a long battle but we have finally won that battle. Information, knowledge and understanding of ADHD is better and accepted by many, there are still a few people to convert but as a group we will do that for the benefit of our children.

**The Charity's Polity on Reserves**

Addup's policy is to keep in reserve approximately six months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed .....  ..... Date ..... 7/9/2023 .....

**Emma Gordon, Chairperson**

**Attention Deficit Disorders Uniting Parents (Addup)  
Independent Examiners Report**

**Respective responsibilities of Trustees and Examiner:**

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to :

- Examine the Accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether particular matters have come to my attention.

**Basis of Independent Examiners Report**

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act; and to prepare:
- Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 Act have not been met.

Or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

Signed 

Date 23 August 2023

**R J Copeland FFA/FIPA**  
Bruce Allen LLP  
3rd Floor Scottish Mutual House  
27-29 North Street  
Hornchurch Essex  
RM11 1RS

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Receipts and Payments Account**  
**Year Ended 31 March 2023**

	Note	Unrestricted £	Restricted £	2023 £	2022 £
<b>Receipts</b>					
Grants & Donations	2	7,683	66,598	<b>74,281</b>	195,998
Fundraising		6,220	-	<b>6,220</b>	6,710
Membership Fees		3,930	-	<b>3,930</b>	3,930
Bank Interest		600	-	<b>600</b>	11
Generated Income		19,558	-	<b>19,558</b>	18,091
Gift Aid		722	-	<b>722</b>	549
Management fee		7,538	-	<b>7,538</b>	-
		<u>46,251</u>	<u>66,598</u>	<b><u>112,849</u></b>	<b><u>225,289</u></b>
<b>Payments</b>					
Wages, NI & Pensions		9,991	131,264	<b>141,255</b>	125,182
Payroll Services		65	895	<b>960</b>	960
Staff Travel			183	<b>183</b>	268
Staff, Committee & Volunteer Expenses		254	1,459	<b>1,713</b>	2,076
Rent, Room Hire & Service Charges		506	15,073	<b>15,579</b>	11,075
Insurance			812	<b>812</b>	864
Telephone & Postage			575	<b>575</b>	447
Printing, Stationery & Cards		38	1,661	<b>1,698</b>	1,627
Publications & Subscriptions		110		<b>110</b>	174
Equipment, Repairs & Renewal		2,240	443	<b>2,682</b>	3,703
IT Software & Maintenance			138	<b>138</b>	302
Projects & Trips		970	233	<b>1,203</b>	4,404
Hospitality & Refreshments		759	815	<b>1,574</b>	1,191
Independent Examination		600	600	<b>1,200</b>	600
Fundraising Expenses		4,088		<b>4,088</b>	40
Legal & Professional		455	7,955	<b>8,410</b>	10,229
Bank Charges		72		<b>72</b>	103
Card Charges		18		<b>18</b>	177
Sundry Payments		754	1	<b>755</b>	507
		<u>20,921</u>	<u>162,104</u>	<b><u>183,025</u></b>	<u>163,927</u>
<b>Net Receipts / Payments</b>		<u>25,331</u>	<u>(95,506)</u>	<b><u>(70,175)</u></b>	<u>61,362</u>
Funds at the start of this period		76,312	92,959	<b>169,271</b>	<b>98,414</b>
Fund Transfers					
Funds at the end of this period		<u>101,475</u>	<u>(2,547)</u>	<b><u>98,928</u></b>	<u>159,776</u>

**Attention Deficit Disorders Uniting Parents (Addup)  
Statement of Assets and Liabilities  
as at 31 March 2023**

	Notes	31 March 2023		31 March 2022	
		£	£	£	£
<b>Current Assets</b>					
Debtors	4				
Cash at bank and in hand		<u>100,128</u>		<u>170,471</u>	
		100,128		170,471	
<b>Current Liabilities</b>					
Creditors	5	1,200		1,200	
<b>Net current assets</b>			98,928		169,271
<b>Net assets</b>			<u>98,928</u>		<u>169,271</u>
<b>Charity Funds</b>					
Unrestricted			101,475		76,312
Restricted			(2,547)		92,959
			<u>98,928</u>		<u>169,271</u>

**Assets retained for Charities own use**

The charity also retains some general equipment for its own use.

  
.....

Signed on its behalf by the chairperson.

Approved by the charity on ..... 7/9/2023 .....

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**1 Receipts and Payments Accounts**

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

<b>2 Grants &amp; Donations</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Clinical Commissioning Group (Havering)	-	15,000	15,000	50,000
Co-op Community Fund	-	1,579	1,579	1,251
Edward Gostling Foundation	-	-	-	4,473
The Fore Foundation	-	-	-	15,000
London Funders	-	-	-	46,494
LBH Community Chest	-	4,150	4,150	-
Tesco	-	1,125	1,125	-
The Essex Youth Trust	-	-	-	-
The National Lottery Fund	-	34,784	34,784	68,634
Awards for All	-	9,960	9,960	-
Yorkshire Building Society	-	-	-	1,103
Sundry Grants & Donations	7,683	-	7,683	9,043
	<u>7,683</u>	<u>66,598</u>	<u>74,281</u>	<u>195,998</u>

<b>3 Funds Analysis</b>	<b>Opening Balance</b>	<b>Income</b>	<b>Expenditure</b>	<b>Fund Transfers</b>	<b>Closing Balance</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Restricted Funds					
Awards for All (life Skills)		9,960	3,245	-	6,715
Clinical Commissioning	40,351	15,000	55,351	-	-
Co-op Community Fund		1,579	1,579	-	-
London Funders	3,343		3,343	-	-
The Essex Youth Trust	731		350	-	381
The Fore Foundation	6,059		6,059	-	-
The National Lottery Fund	42,475	34,784	73,973	-	3,286
Sundry Grants & Donations					-
Restricted Funds	<u>92,959</u>	<u>61,323</u>	<u>143,900</u>	<u>-</u>	<u>10,382</u>
Unrestricted Funds	<u>76,144</u>	<u>46,251</u>	<u>20,921</u>	<u>-</u>	<u>101,475</u>

<b>4 Creditors: amounts falling due within one year</b>	<b>2023</b>
	<b>£</b>
Accrued Expenses	<u>1,200</u>

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**5 Trustees' remuneration and related party transactions**

Members of the management committee and/or their relatives received remuneration amounting to £41,714 for the period ended 31 March 2023. (staff wages )

**ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADDUP)**

England & Wales - Charity number 1091461

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# Accounts

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Registered charity number  
1091461

Attention Deficit Disorders Uniting Parents (Addup)

Annual Report and Financial Statements

31 March 2022

**Attention Deficit Disorders Uniting Parents (Addup)  
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**Attention Deficit Disorders Uniting Parents**  
**(Addup)**  
**Management Committee's Annual Report**  
**For the Year Ended 31<sup>st</sup> March 2022**

<b>Full Name</b>	Attention Deficit Disorders Uniting Parents (ADDUP)
<b>Other names the Charity is known by</b>	ADDUP
<b>Registered charity number</b>	1091461
<b>Principal Address</b>	59 Billet Lane, Hornchurch, Essex RM11 1AX

**Management Committee**

Geoff Hartnell	- Chairperson Appointed 29/09/21
Lyndsay Marsh	- Secretary
Michelle Todd	- Treasurer
Debby Reid	- Member
Natasha Hayworth	- Member
Mark Jackson	- Member - resigned 04/03/22
Emma Gordon	- Member
Helen Morgan	- Member
Ann-Marie Stevens	- Member
Fay Kern	- Member
Karen Murphy	- Member - Joined 15/07/21
Linda Trew	- Member - resigned 28/09/21

**Senior Staff Members**

Sheila Keeling	- Chief Executive Officer
Lyndsay Marsh	- Centre Manager

**Governing Document**

The Charity is operated under the rules of its constitution adopted 12<sup>th</sup> July 1999 and more recently amended 8<sup>th</sup> September 2017. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

**Bankers**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4JQ

**Independent Examiner**

R.J. Copeland, Bruce Allen LLP, 3<sup>rd</sup> Floor Scottish Mutual House, 27-29 North Street, Hornchurch, Essex RM11 1RS.

## **Aims and Organisation**

The principal objects of the Charity are:

1. The relief of sickness by the provision of information, advice and treatments to those affected by Attention Deficit Hyperactivity Disorders (and any co-morbidities), their families and carers, particularly in the London Boroughs of Havering, Barking and Dagenham; and surrounding areas.
2. The advancement of public education regarding Attention Deficit Hyperactivity Disorders (and any co-morbidities).

As we enter our 25<sup>th</sup> year of Addup we are finally beginning to feel we are returning to some sort of normality after Covid and our children returning to the fold with the confidence it is not going to be taken away again. We have seen an increase in new members who are joining to participate in our “Monster Inside” parent/child training programme. We are extremely proud of this programme that we created and developed into a successful programme that works for families living with ADHD and challenging children. After completing the course families are realising that we offer so much more and are getting more involved in the activities Addup offers, thus continuing to receive support to maintain the programme.

It has been a difficult year for the staff, the Project Co-ordinator, Becky, left Addup to pursue a career in the ambulance service and, even though she did a six-month hand over, the loss of this member of the team had a huge impact on the staff. What we now realise is that many of our staff were Becky’s “children” who had started at a young age and had grown with her eventually becoming members of staff so, her leaving after sixteen years impacted more than we realised it would. Covid also played a part, the staff had a lot to adapt to when they returned, no Becky and children with even more challenging needs as Covid had impacted on them. It has taken a year to get things in order, but we finally feel we are getting there.

With a new post of Lead Keyworker, Emily has revisited all our projects and as Becky said to Emily, “make them your own” Emily has done this, although the ethos remains the same for the consistency the children need.

Financially Addup has been fortunate to be successful with bids for Covid related support which was a lifeline at a difficult time. Funders that were funding us at the beginning of Covid have been very supportive and helpful, we have had regular contact with them, and they have helped us to maintain our services during lockdown and beyond, we are so grateful for all their support.

We continue to work with the CCG and receive funding for our “Monster Inside” programme. We continue to apply for funding for The Lead Keyworker post and other projects, but we know funding will be harder to access and fundraising and donations may start to fall with the cost of living impacting on people. Also, we need to be aware of our families and ensure they do not fall off the radar due to increased costs to them and accessing Addup services.


We start the year with enthusiasm and hope for a stable future for Addup. The CEO is now working towards retirement and is working on a long-term strategy to ensure Addup continues with the same ethos and provides the good services it has for the last 25 years.

**The Charity's Polity on Reserves**

Addup's policy is to keep in reserve approximately six months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed  ..... Date .....12 July 2022.....  
**Geoff Hartnell, Chairperson**

**Attention Deficit Disorders Uniting Parents (Addup)  
Independent Examiners Report**

**Respective responsibilities of Trustees and Examiner:**

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to :

- Examine the Accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether particular matters have come to my attention.

**Basis of Independent Examiners Report**

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act; and to prepare:
- Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 Act have not been met.

Or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

Signed *R J Copeland* Date 12 July 2022

**R J Copeland FFA/FIPA**  
Bruce Allen LLP  
3rd Floor Scottish Mutual House  
27-29 North Street  
Hornchurch Essex  
RM11 1RS

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Receipts and Payments Account**  
**Year Ended 31 March 2022**

	Note	Unrestricted £	Restricted £	2022 £	2021 £
<b>Receipts</b>					
Grants & Donations	2	9,044	186,955	<b>195,998</b>	124,079
Fundraising		6,710	-	<b>6,710</b>	2,681
Membership Fees		3,930	-	<b>3,930</b>	3,000
Bank Interest		11	-	<b>11</b>	9
Generated Income		18,091	-	<b>18,091</b>	2,738
Gift Aid		549	-	<b>549</b>	560
				-	
		<u>38,334</u>	<u>186,955</u>	<u><b>225,289</b></u>	<u><b>133,067</b></u>
<b>Payments</b>					
Wages, NI & Pensions		2,360	122,822	<b>125,182</b> *	98,896
Payroll Services			960	<b>960</b> *	1,014
Staff Travel			268	<b>268</b> *	17
Staff, Committee & Volunteer Expenses		445	1,631	<b>2,076</b> *	73
Rent, Room Hire & Service Charges		258	10,817	<b>11,075</b> *	3,064
Insurance			864	<b>864</b> *	819
Telephone & Postage			447	<b>447</b> *	609
Printing, Stationery & Cards		58	1,569	<b>1,627</b> *	1,360
Publications & Subscriptions			174	<b>174</b> *	336
Equipment, Repairs & Renewal		1,913	1,790	<b>3,703</b>	968
IT Software & Maintenance			302	<b>302</b> *	80
Projects & Trips		4,104	300	<b>4,404</b> *	-
Hospitality & Refreshments		523	667	<b>1,191</b> *	49
Independent Examination			600	<b>600</b>	675
Fundraising Expenses		40		<b>40</b> *	84
Legal & Professional			10,229	<b>10,229</b> *	525
Bank Charges		95	8	<b>103</b> *	75
Card Charges		177		<b>177</b> *	162
Sundry Payments		422	85	<b>507</b> *	
		<u>10,395</u>	<u>153,532</u>	<u><b>163,927</b></u>	<u>108,806</u>
<b>Net Receipts / Payments</b>					
		<u>27,939</u>	<u>33,423</u>	<u>61,362</u>	<u>24,261</u>
Funds at the start of this period		38,878	59,536	<b>98,414</b>	<b>74,153</b>
Fund Transfers		9,495			
Funds at the end of this period		<u>76,312</u>	<u>92,959</u>	<u><b>169,271</b></u>	<u>98,414</u>

**Attention Deficit Disorders Uniting Parents (Addup)  
Statement of Assets and Liabilities  
as at 31 March 2022**

	Notes	31 March 2022		31 March 2021	
		£	£	£	£
<b>Current Assets</b>					
Debtors	4			38	
Cash at bank and in hand		<u>170,471</u>		<u>99,576</u>	
		170,471		99,614	
<b>Current Liabilities</b>					
Creditors	5	1,200		1,200	
<b>Net current assets</b>			169,271		98,414
<b>Net assets</b>			<u>169,271</u>		<u>98,414</u>
<b>Charity Funds</b>					
Unrestricted			76,312		38,878
Restricted			92,959		59,536
			<u>169,271</u>		<u>98,414</u>

**Assets retained for Charities own use**

The charity also retains some general equipment for its own use.



**Geoff Hartnell**  
Signed on its behalf by the chairperson.

Approved by the charity on .....12 July 2022.....

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**1 Receipts and Payments Accounts**

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

<b>2 Grants &amp; Donations</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
CAF Bank Resilience			-	18,384
Clinical Commissioning Group (Havering)	-	50,000	50,000	15,000
Co-op Community Fund	-	1,251	1,251	5,272
Edward Gostling Foundation	-	4,473	4,473	3,000
The Fore Foundation	-	15,000	15,000	5,000
London Funders	-	46,494	46,494	
Tesco	-		-	500
The Essex Youth Trust	-		-	3,000
The National Lottery Fund	-	68,634	68,634	66,791
Yorkshire Building Society	-	1,103	1,103	
Sundry Grants & Donations	9,043		9,043	7,132
	<u>9,043</u>	<u>186,955</u>	<u>195,998</u>	<u>124,079</u>

<b>3 Funds Analysis</b>	<b>Opening Balance</b>	<b>Income</b>	<b>Expenditure</b>	<b>Fund Transfers</b>	<b>Closing Balance</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Restricted Funds					
Awards for All (Life Skills)	4,126		4,126	-	-
Clinical Commissioning	13,844	50,000	23,493		40,351
Co-op Community Fund	2,817	1,251	4,068		-
Edward Gosling Foundation	1,958	4,473	6,431		-
London Funders		46,494	43,151		3,343
The Essex Youth Trust	2,620		1,889		731
The Fore Foundation		15,000	8,941		6,059
The National Lottery Fund	34,170	68,634	60,329	-	42,475
Sundry Grants & Donations					-
Yorkshire Building Society		1,103	1,103		-
Restricted Funds	<u>59,535</u>	<u>186,955</u>	<u>153,531</u>	<u>-</u>	<u>92,959</u>
Unrestricted Funds	<u>38,878</u>	<u>38,334</u>	<u>10,395</u>	<u>9,495.00</u>	<u>76,312</u>

<b>4 Creditors: amounts falling due within one year</b>	<b>2022</b>
	<b>£</b>
Accrued Expenses	<u>1,200</u>

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**5 Trustees' remuneration and related party transactions**

Members of the management committee and/or their relatives received remuneration amounting to £ 31,720 for the period ended 31 March 2022. (staff wages )

**ATTENTION DEFICIT DISORDERS UNITING PARENTS (ADDUP)**

England & Wales - Charity number 1091461

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# Accounts

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Registered charity number  
1091461

Attention Deficit Disorders Uniting Parents (Addup)

Annual Report and Financial Statements

31 March 2021

**Attention Deficit Disorders Uniting Parents (Addup)  
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**Attention Deficit Disorders Uniting Parents**  
**(Addup)**  
**Management Committee's Annual Report**  
**For the Year Ended 31<sup>st</sup> March 2021**

**Full Name** Attention Deficit Disorders Uniting Parents (ADDUP)  
**Other names the Charity is known by** ADDUP  
**Registered charity number** 1091461  
**Principal Address** 59 Billet Lane, Hornchurch, Essex RM11 1AX

**Management Committee**

Linda Trew	- Chairperson Appointed
Lyndsay Marsh	- Secretary
Michelle Todd	- Treasurer
Debby Reid	- Member
Geoff Hartnell	- Member
Natasha Hayworth	- Member
Mark Jackson	- Member
Emma Gordon	- Member
Helen Morgan	- Member
Ann-Marie Stevens	- Member
Fay Kern	- Member

**Senior Staff Members**

Sheila Keeling	- Chief Executive Officer
Lyndsay Marsh	- Centre Manager

**Governing Document**

The Charity is operated under the rules of its constitution adopted 12<sup>th</sup> July 1999 and more recently amended 8<sup>th</sup> September 2017. Overall management of the Charity is the responsibility of the Management Committee who are elected and co-opted under the terms of the constitution. Day to day project activity is managed and carried out by volunteers and paid staff.

**Bankers**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4JQ

**Independent Examiner**

R.J. Copeland, Bruce Allen LLP, 3<sup>rd</sup> Floor Scottish Mutual House, 27-29 North Street, Hornchurch, Essex RM11 1RS.

## Aims and Organisation

The principal objects of the Charity are:

1. The relief of sickness by the provision of information, advice and treatments to those affected by Attention Deficit Hyperactivity Disorders (and any co-morbidities), their families and carers, particularly in the London Boroughs of Havering, Barking and Dagenham; and surrounding areas.
2. The advancement of public education regarding Attention Deficit Hyperactivity Disorders (and any co-morbidities).

What an unpredictable and difficult year this has been. The country went into lockdown just as we were looking forward to a good, and profitable, financial year with sponsorship and pending funding applications, we were starting the year on a good footing but then COVID changed that.

We needed to change our plans with little notice. The children were our main focus as we knew all these sudden changes, being taken out of school, being isolated from family and friends, was going to have a huge impact on them and their families. Suddenly parents had to find new ways to entertain their children for longer periods of time and deliver home schooling, which proved very difficult and, as our children pointed out quite clearly, "schoolwork is done in school by my teachers not at home by my parents". Parents were concerned about the impact on their child's education, and how far behind they would get, the longer the lockdown went on. So many concerns but no clear answers.

We realised the importance of maintaining contact with the children, so the staff stepped up with online workshops of fun and games, one to one's continued for the children and parents when needed but no summer programme of activities this year which was so disappointing for everyone.

As September approached it was about preparing the children for the return to school, some were starting senior school without really finishing junior school, this was difficult for some. Then November came and once again we were in lockdown. This time it was more difficult to engage the children on social media, they really had enough of the uncertain world they were living in. On a positive note, we have learnt so much during this time, parents have enjoyed the precious time they have had with their children and have found new ways to entertain them. The children told us they enjoyed spending time with their parents and the new adventures as they explored together. So much has changed for families coping with the difficulties of living through a pandemic but we intend to build on the good points and develop new projects including, a sibling's programme and a family project to maintain the good relationships that have been built during the pandemic.

As we look forward to the beginning of the new financial year things appear to be improving with hope on the horizon. Financially Addup is in a good position after successes with funding applications and funding from the CCG. We also have staff changes to adapt to, our Project Co-ordinator is working her notice as she takes a step into a new career, although she will remain a part of Addup as a Consultant in the future. Staff roles and responsibilities will change which will build resilience and confidence in staff to take on challenges that they have not faced before, this will ultimately enhance the work of Addup.

We now look forward to the challenges coming our way, our work continues to support our special families with new and exciting projects for new and different world.

**The Charity's Policy on Reserves**

Addup's policy is to keep in reserve approximately three months worth of core running costs.

The Management Committee declare that they have approved the report above.

Signed on behalf of the charity's management committee:

Signed ..... Date .....

**Linda Trew, Chairperson**

**Attention Deficit Disorders Uniting Parents (Addup)  
Independent Examiners Report**

**Respective responsibilities of Trustees and Examiner:**

The charities trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an Independent Examination is needed.

It is our responsibility to :

- Examine the Accounts (under section 145 of the 2011 Act)
- Follow the procedures laid down in the general directions given by the Charity Commission (under Section 145 (5) (b) of the 2011 Act); and to state whether particular matters have come to my attention.

**Basis of Independent Examiners Report**

My examination was carried out in accordance with the 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 you as the management committee and 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 Examiners 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 2011 Act; and to prepare:
- Accounts which accord with the accounting records and comply with the accounting requirements for the 2011 Act have not been met.

Or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

Signed *R J Copeland*

Date 13/7/2021

**R J Copeland FFA/FIPA**

Bruce Allen LLP

3rd Floor Scottish Mutual House

27-29 North Street

Hornchurch Essex

RM11 1RS

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Receipts and Payments Account**  
**Year Ended 31 March 2021**

	Note	Unrestricted £	Restricted £	2021 £	2020 £
<b>Receipts</b>					
Grants & Donations	2	4,996	119,083	<b>124,079</b>	111,501
Fundraising		2,681	-	<b>2,681</b>	11,608
Membership Fees		3,000	-	<b>3,000</b>	3,840
Bank Interest		9	-	<b>9</b>	35
Generated Income		2,738	-	<b>2,738</b>	31,977
Gift Aid		560	-	<b>560</b>	398
				-	
		<u>13,984</u>	<u>119,083</u>	<b><u>133,067</u></b>	<b><u>159,359</u></b>
<b>Payments</b>					
Wages, NI & Pensions		197	98,698	<b>98,896</b>	116,098
Payroll Services			1,014	<b>1,014</b>	1,332
Staff Travel			17	<b>17</b>	632
Staff, Committee & Volunteer Expenses			73	<b>73</b>	1,668
Rent, Room Hire & Service Charges			3,064	<b>3,064</b>	9,202
Insurance			819	<b>819</b>	817
Telephone & Postage			609	<b>609</b>	714
Printing, Stationery & Cards		19	1,342	<b>1,360</b>	2,485
Publications & Subscriptions		77	259	<b>336</b>	1
Equipment, Repairs & Renewal			968	<b>968</b>	252
IT Software & Maintenance			80	<b>80</b>	105
Projects & Trips				-	4,091
Hospitality & Refreshments			49	<b>49</b>	767
Independent Examination			675	<b>675</b>	600
Fundraising Expenses		84		<b>84</b>	221
Legal & Professional			525	<b>525</b>	975
Bank Charges		6	69	<b>75</b>	242
Card Charges			162	<b>162</b>	
Sundry Payments				-	1
		<u>383</u>	<u>108,423</u>	<b><u>108,806</u></b>	<b><u>140,203</u></b>
<b>Net Receipts / Payments</b>		<u>13,601</u>	<u>10,660</u>	<b><u>24,262</u></b>	<b><u>19,156</u></b>
Funds at the start of this period		25,277	48,876	<b>74,153</b>	54,997
Fund Transfers					
Funds at the end of this period		<u>38,878</u>	<u>59,536</u>	<b><u>98,415</u></b>	<u>74,153</u>

**Attention Deficit Disorders Uniting Parents (Addup)  
Statement of Assets and Liabilities  
as at 31 March 2019**

	Notes	31 March 2021		31 March 2020	
		£	£	£	£
<b>Current Assets</b>					
Debtors	4	38		38	
Cash at bank and in hand		<u>99,576</u>		<u>75,315</u>	
		99,614		75,353	
<b>Current Liabilities</b>					
Creditors	5	1,200		1,200	
<b>Net current assets</b>			98,414		74,153
<b>Net assets</b>			<u>98,414</u>		<u>74,153</u>
<b>Charity Funds</b>					
Unrestricted			38,878		25,277
Restricted			59,536		48,876
			<u>98,414</u>		<u>74,153</u>

**Assets retained for Charities own use**

The charity also retains some general equipment for its own use.

..... Linda Trew

Signed on its behalf by the chairperson.

Approved by the chairty on .....

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

**1 Receipts and Payments Accounts**

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial period. In this context 'cash' includes the cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

<b>2 Grants &amp; Donations</b>	<b>Unrestricted £</b>	<b>Restricted £</b>	<b>2021 £</b>	<b>2020 £</b>
Awards for All	-	-	-	9,972
Austin Hope Pilkington	-	-	-	1,000
BBC Children in need	-	-	-	10,000
CAF Bank Resilience	-	18,384	18,384	-
Clinical Commissioning Group (Havering)	-	15,000	15,000	11,620
Clinical Commissioning Group (Redbridge)	-	-	-	5,000
Co-op Community Fund	-	5,272	5,272	-
Day Trippers	-	-	-	870
Edward Gosling Foundation	-	3,000	3,000	-
The Fore Foundation	-	5,000	5,000	-
Happy Days	-	-	-	1,500
Mrs Smith & Mount	-	-	-	2,848
Shire Pharmaceuticals	-	-	-	-
Tesco	-	500	500	-
The Essex Youth Trust	-	3,000	3,000	-
The National Lottery Fund	-	66,791	66,791	65,219
Woodward Trust	-	-	-	500
Sundry Grants & Donations	4,996	2,136	7,132	12,092
	<u>4,996</u>	<u>119,083</u>	<u>124,079</u>	<u>120,621</u>

<b>3 Funds Analysis</b>	<b>Opening Balance £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Fund Transfers £</b>	<b>Closing Balance £</b>
<b>Restricted Funds</b>					
Awards for All (life Skills)	9,972	-	5,846	-	4,126
BBC Children In Need	3,138	-	3,138	-	-
CAF Bank Resilience	-	18,384	18,384	-	-
Clinical Commissioning	3,319	15,000	4,475	-	13,844
Co-op Community Fund	-	5,272	2,455	-	2,817
Edward Gosling Foundation	-	3,000	1,042	-	1,958
Tesco	-	500	500	-	-
The Essex Youth Trust	-	3,000	380	-	2,620
The Fore Foundation	-	5,000	5,000	-	-
The National Lottery Fund	32,447	66,791	65,068	-	34,170
Sundry Grants & Donations	-	2,136	2,136	-	-
Restricted Funds	<u>48,876</u>	<u>119,083</u>	<u>108,424</u>	<u>-</u>	<u>59,535</u>
Unrestricted Funds	<u>25,277</u>	<u>13,984</u>	<u>383</u>	<u>-</u>	<u>38,878</u>

**Attention Deficit Disorders Uniting Parents (Addup)**  
**Notes to the Accounts**

<b>4 Debtors</b>	<b>2021</b>
	<b>£</b>
NOW Pensions	<u>38</u>

<b>5 Creditors: amounts falling due within one year</b>	<b>2021</b>
	<b>£</b>
Accrued Expenses	<u>1,200</u>

**6 Trustees' remuneration and related party transactions**

Members of the management committee and/or their relatives received remuneration amounting to £34,316 for the period ended 31 March 2021.