

Registered charity number  
1091461

Attention Deficit Disorders Uniting Parents (Addup)

Annual Report and Financial Statements

31 March 2023

## **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 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 Mallong, 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**

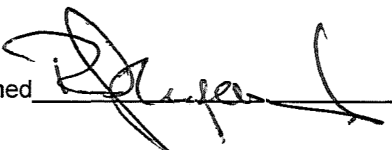
In connection with my examination, no matter has come to my attention.

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>	<b><u>163,927</u></b>
<b>Net Receipts / Payments</b>		<u>25,331</u>	<u>(95,506)</u>	<b><u>(70,175)</u></b>	<b><u>61,362</u></b>
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>	<b><u>159,776</u></b>

**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.

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

**Approved by the chairty 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>
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>Restricted Funds</b>					
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>
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 )