

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

  
 .....

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).