

Trustees Annual Report and Accounts

1st April 2024 to 31st March 2025



Trustees Annual Report:

This has overall been a successful year for ADHD Lincs. However, the increase in the nationwide adult diagnosis has placed a strain on our charity. We attracted funding that allowed us to further build our services across the county of Lincolnshire and we are confident that we can rise to the challenge

About ADHD

It is estimated that between 5% and 7% of school age children in the UK have ADHD. The UK's National Institute for Clinical Excellence, (NICE), suggests that it affects 5% of the school-aged population. Research suggests that 35-65% of children with ADHD continue to have symptoms into adulthood, with prevalence in adults around 2-5%.

Undiagnosed or untreated ADHD can have a significant long-term impact on children and adults. Without adequate support and interventions ADHD can result in:

- Under-performance at school and reduced educational achievement
- Mental health problems
- Difficulties in making and sustaining relationships (with peers, teachers and family)
- Difficulties finding and keeping a job
- Criminal behaviour
- Increased risk of
- Financial instability
- Substance/alcohol misuse
- Suicidal ideation
- Reduced life-expectancy

About ADHD Lincs

Although formally registered with the Charities Commission as Lincoln ADHD Support Group, to modernise, we have rebranded to 'ADHD Lincs' and will be formally changing our name with the Charities commission in due course.

ADHD Lincs is a frontline service dedicated to providing support and information to those who live and/or work with children and adults who have ADHD. We are committed to raising awareness of ADHD and educating individuals, families, the public and professionals about the impact of ADHD and associated disorders on the individual, homelife and society.

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

Finances

ADHD Lincs maintained its active status and solvency this year. However, as we continue to recover from the impact of COVID-19, our financial position remains under pressure.

We recognise the medium-term challenges common to many smaller charities and are implementing a strategy to ensure long-term sustainability. Our plan focuses on strengthening our infrastructure and scaling our capacity to deliver vital funded support and services to more individuals and families affected by ADHD.

Demand for ADHD assessments and community support continues to rise, with national estimates for ADHD service spending projected to reach £314 million by April 2026.

We have been fortunate to be awarded a 3 year grant of £137,000) from Reaching Communities (National Lottery) to build our services.

How Lincoln ADHD Support Group helps families and individuals with ADHD and associated conditions:

The ADHD community is at the heart of everything we do.

1. Newsletter

We launched our electronic newsletter in November this year, which has been distributed to a growing number of recipients each month, with a steady increase in the number of recipients.

Over the five months, the number of recipients has steadily increased, from 349 in November to 484 in March, reflecting a growing interest in the newsletter.

The newsletter is an effective tool for connecting with our community; we ask for input and feedback from readers

2. Website

In addition to the newsletter distribution, we've also seen interest in subscribing through our website. Since November 65 individuals have registered with the charity through the website, with a further 23 registering through direct contact.

This indicates a strong level of interest and engagement, with many visitors expressing a desire to receive our newsletter and support our work.

The online registration form has vastly reduced admin time and although we still receive phone calls, these have reduced dramatically to only 4 to 5 calls requesting support a week since the website went live.

3. Online Delivery

6 training sessions were delivered with a total of 37 attendees

7 Bitesize sessions were delivered with a total of 38 attendees

4. In Person Delivery

Workshops were delivered to parents in 7 primary schools

We delivered training to teachers in schools, Social workers and children's residential homes

We deliver monthly 'Coffee and Chat sessions' These are a safe space to talk about all things ADHD and are informal sessions, led by the attendees, with them choosing the topics to be discussed.

Attendees are encouraged to share their experiences, with support and guidance from our experts and volunteers.

10 sessions were delivered for adults, with 60 attendees in total.

- Topics chosen:
- Medication
- Personal Independence Payment
- Executive functions Sensory issues & fidget items
- Food/Diet ADHD Coaching
- Private practices / Right to Choose/ Shared Care
- NHS Waiting lists
- New diagnosis
- Work
- Relationships
- Co-existing conditions

10 sessions were delivered for parents and carers with 48 attendees

Topics chosen

- Medication
- Disability Living Allowance
- School
- School refusal
- Food / Diet
- Behaviour Management
- Co-existing conditions
- Homework
- Siblings
- Referral processes

Social Media

Our Facebook page currently has 3.9k followers, with specialist peer groups for parents and adults. We are also on Instagram.

We advertise all events to our Facebook community. And regularly review feedback on the page.

This year's challenges

The biggest challenge has been the loss of our free premises, which have been declared unfit for purpose.

This has been a major setback and has resulted in a somewhat disjointed working environment as our time as a team has been hugely reduced. We do, however, have the use of a community room once a week, so we are still able to deliver the in-person sessions and are able to meet as a team twice a month. We also have regular zoom meetings.

It has affected our planned increase of volunteer hours, so it is now a priority to seek funding for premises

Looking forward - our plans for the next 12 months.

We will continue to monitor open rates of the newsletter and adjust content as needed.

We will explore strategies to boost engagement in all areas of the charity and are considering exclusive updates for subscribers to the newsletter and those who work with the charity.

We have planned activities up to the end of the next financial year

We have developed a robust online marketing campaign. Including the use of the growing number of subscribers to promote events, fundraisers, and other initiatives, maximising our reach and support.

We have been engaging with the Lincolnshire NHS trust Integrated Care board (ICB) to have an input in the design of a future NHS service for adults with ADHD

We continue to refer to and/or receive referrals from many organisations, including:

- Community Paediatrics
- Children's Services
- Adult Social Care
- Schools
- Social Prescribers
- GP Surgeries

ADHD Lincs ensures that the patient voice is heard through our Collaboration with other organisations:

- We remain a member of ADHD Europe
- Our CEO sits on the board of ADHD Europe
- Our CEO is a Trustee of the national ADHD Charity, ADDISS
- Our CEO has been awarded the Churchill Fellowship
- Our CEO and COO sit on the Core Strategic board of the Lincolnshire NHS Integrated Care Board

Staff and Volunteers

The Support Group continues to employ a Project Manager and Website Manager on a part time/sessional basis: The Project Manager also gives time on a voluntary basis.

We also employ a part time administrator and have a bank of volunteers who regularly give their time

Our Ethos

We continue to raise awareness of ADHD and the lack of services in Lincolnshire, particularly at the time of transition from children's to adult services.

We have been ambitious in the changes that we have planned to make the charity sustainable, and we feel that we have risen to the challenge; volunteers and staff have taken ownership of their individual roles, and we feel that this has been recognised by our beneficiaries who are engaged in the future of the charity. It is gratifying to feel that we are being supported by them.

Supporting families and adults with ADHD continues to be our main priority and we will continue to offer Support and Information and build on the current successful format to change outcomes for those living with ADHD and their families.

Trustees

- Mr Calem Phillips (Chair)
- Mrs Katy Edwards
- Mrs Carol Grey
- Miss Claire Evans (Secretary)
- Ms Marie Nicholson (Treasurer)

Statement of Financial Activity		
1 st April 2024 – 31 st March 2025		
		Total
INCOME		
Donations and Legacies		2383.80
Grant - ADHD Hub		36490.00
Interest		25.00
Workshop		76.18
TOTAL		38974.98
EXPENDITURE		
Accounting		47.04
ADHD Europe		889.19
Advertising and Promotion		400.00
Computer Costs		239.99
Equipment		702.93
Mileage		181.71
Insurances		276.88
Bank Charges		2.79
Printing		54.90
Phone and Internet		794.22
Storage		2214.43
Training		400.00
Volunteer Costs		580.00
Wages		16936.00
Website		2004.50
TOTAL		25724.58
TOTAL INCOME		38974.98
TOTAL EXPENDITURE		25724.58
TOTAL SURPLUS		13250.40

Balance Sheet	
1st April 2024 – 31st March 2025	
CURRENT ASSETS	
Fixed Assets	0.00
Debtors	0.00
Bank	14228.08
Paypal	16.19
TOTAL ASSETS	14244.27
CURRENT LIABILITIES	
Creditors	0.00
Loans	0.00
TOTAL LIABILITIES	0.00
Balance b/f	993.87
Income	38974.98
Expenditure	-25724.58
BALANCE AT BANK C/F	14244.27

The Trustees declare that they have approved this report.

Full Name: Calem Phillips

Position: Chair of Trustees

Signature: 

Date: 30th anuary 2026

Independent examiner's report to the trustees of Lincoln ADHD Support Group (ADHD Lincs)

I report to the trustees on my examination of the accounts of the ADHD Lincs for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Name: Sarah Grey

Address: 13 Bassingham Crescent, Lincoln, LN2 2ET

Date: 30th January 2025