



Reference and administration details

Charity Name

Clair's Parents Meeting Parents ADHD Support

Other names charity is known by

CPMP

Registered Charity number

1180986

Charity's principal address

111 Stirling Crescent

St Helens

Merseyside

Postcode

WA9 3TY

Names of the charity trustees who manage the charity.

[illegible]

Names of trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for the whole year

Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution adopted 18/11/2018
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Trustees are appointed or reappointed annually at the Annual General Meeting

Additional governance issues

Membership of the group is open to parents and carers of children and young people with ADHD.

The trustees oversee the day to day running of the group. The trustees seek the views of members in deciding the activities to run for the parents and carers, and the children and young people.

There is a child protection and a vulnerable adults policy in place. DBR checks are carried out prior to commencement of trusteeship and checks are carried out again in line with statutory requirements.

All trustees give their time voluntarily and receive no remuneration or other benefits.

Objectives and activities

Summary of the objectives of the charity set out in it's governing document	To provide information and support to parents and carers of children and young people with ADHD in St Helens and the surrounding area. To raise awareness and reduce the stigma surrounding ADHD.
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Summary of the main activities undertaken for the public benefit in relation to these objects

In planning our activities for the year we keep in mind the Charity Commission's guidance on public benefit at our trustee meetings. The main activities are as follows:

1. Parent and Carer Support Meetings
2. Youth Club
3. Activities to help adults and children feel less isolated and part of the community.

These activities benefit the parents and carers by enabling them to share experiences in a confidential and relaxed atmosphere, access information and the opportunity to take a break from their caring role. Regardless of personal background, faith, gender or personal circumstances.

The activities benefit the children and young people by developing their self confidence and social skills, and provide the opportunities for them to take part in activities they would otherwise be unable to access .

Additional details of objectives and activities

We are grateful for the many hours volunteers have spent planning, listening to members and fundraising for the group. Without this valuable contribution of time and energy we would not be able to operate.

Achievements and performance

Summary of the main achievements of the charity year

Our year: The year has been an unusual one due to the Covid 19 pandemic and the nation and local lock downs. Due to this we have had no face to face meetings and no youth club meetings.

We have maintained Virtual support for the group through a member only WhatsApp chat group. This has enabled parents and carers to get support, vent and celebrate together.

We provide care packs to parents and carers at Christmas and Mothers Day.

Children and young people were able to receive up to 8 activity packs, which included Christmas Crafts, Halloween and Easter.

We finally managed to hold out Mountain Monkeys Activity Day after numerous delays due to the pandemic. 12 children and young people took part. This enabled the group to see each other for the first time in over a year in a controlled environment they enjoyed a day of archery, climbing, shooting and rafting at Carr Mill.

Fundraising: We raised over £400 by selling personalised hand sanitiser bottles. We also have a steady but small trickle of funds raised by EasyFundraising and AmazonSmile. We also now have the opportunity to raise funds from the Millenium shop, where we receive 50% of all sales that we make.

Financial Review

Brief statement of the charity's policy on reserves

Cash at the bank at 23/06/21 was £12,313. £10,000 held is restricted funds from the Lottery for the Youth Club. The main financial risk to the charity is the reduced ability to raise funds due to the pandemic and lockdowns. We have reduced operational costs and hold enough reserves to cover any unforeseen expenditure that may occur.

Details of any funds materially in deficit

Not applicable

Further financial review details:

Our main source of funds this year has been through selling personalised items and collaboration with the Millenium Centre Shop.
General running costs of the group are low. The main costs are activities, which are planned in advance and are funded by applied for awards and grants.

Other optional information

Future Plans

The coming year will see a development of opportunities and activities for our members and an office base for the group.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature

Full name (s)

Position

Date

Iseabail Malpus
Vice Chair
23/06/2021