

ADHD UK

England & Wales · Charity number 1188365

Details

Status Registered

Legal form CIO

Registered 2020-03-05

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

Contact

Address 49 Greek Street
London
W1D 4EG

Phone 02039849679

Email hello@adhduk.co.uk

Website www.adhduk.co.uk

Activities

Objects: THE RELIEF OF INDIVIDUALS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND ASSOCIATED CONDITIONS AND THEIR FAMILIES, CARERS, OR SUPPORTERS.TO INCREASE AWARENESS AND UNDERSTANDING OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND ASSOCIATED CONDITIONS.TO SUPPORT, INFORM AND ADVOCATE FOR INDIVIDUALS (AND THEIR FAMILIES, CARERS, OR SUPPORTERS) WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND ASSOCIATED CONDITIONS.

Activities: We are here to help those affected by ADHD. We provide support to, information for and advocate for those affected by ADHD. We build awareness in the general population to increase empathy and understanding. We undertake, and look to fund, meaningful research to improve the lives of those affected by ADHD.

Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£176,336	£202,732	-	-
2023-12-31	£251,663	£228,757	-	-
2022-12-31	£122,396	£140,636	-	-
2021-12-31	£49,843	£15,854	-	-
2020-12-31	£1,862	£484	-	-

Trustees

Name	Role	Appointed
Dr Maxwell Robert Davie	Chair	2020-03-05
Lauren Jennings		2025-11-14
Neal Mankey		2023-07-01

ADHD UK

England & Wales - Charity number 1188365

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31st December 2024
for
ADHD UK

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Contents of the Financial Statements
for the Year Ended 31st December 2024

	Page
Report of the Trustees	1 to 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 to 15
Detailed Statement of Financial Activities	16 to 17

The trustees present their report with the financial statements of the charity for the year ended 31st December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's core mission remains consistent: To help those affected by ADHD thrive, to positively change what it means to have ADHD in the UK.

We split that into 5 main goals:

1. **Information:** To provide accurate, pertinent, quality information for people with ADHD, their carers and medical professionals.
2. **Support:** To provide emotional and informational support for people with ADHD and their carers via telephone, email, social media and support groups.
3. **Research:** Undertaking, undertaking or funding research that will have a meaningful positive impact on those affected by ADHD
4. **Advocacy:** Advocating for those with ADHD within Employment, Education, Government and Healthcare.
5. **Awareness:** To raise awareness and understanding. Positively changing perceptions to remove any stigma and discrimination of those with ADHD.

OBJECTIVES AND ACTIVITIES

Significant activities

The charity aims to support the maximum number of people it can and aims to minimize barriers to access. In particular minimizing financial barriers to access - that means much of our work is available for free online or available on a donate-if-you-can basis.

Support Groups

We provide free (with the option to donate) peer-to-peer support groups throughout the month for those affected by ADHD. This is achieved with the support of people with expertise, generously giving their time to partner in our mission to help people impacted by ADHD.

To reach as many people as possible, these groups are held online and are provided at on a free-but-donate-if-you-can model.

Meeting online allows us to take advantage of specialisation to support people more closely based on connection and need. Groups include general groups like "Meet an ADHD Coach" and more specific groups such as "ADHD and Women", "ADHD and Men", "ADHD and Finance", "ADHD and Learning a musical instrument" and many more.

Community

We continue to grow our online communities. In particular our Facebook community allows people to connect with and learn from other people affected by ADHD. We have a substantial and active volunteer moderation team to whom we are very grateful. They work hard to ensure the community remains a safe and positive one.

ADHD Screener

We provide an adult ADHD screener with downloadable results on our. This screener was created by the World Health Organisation alongside the Workgroup on Adult ADHD in response to the widely considered viewpoint that adult ADHD is under-diagnosed, meaning people with the condition are not getting the help they need. This screener is trusted and is in line with the diagnosis criteria for adult ADHD.

Employer Support Services

We provide workplace presentations and management training to help employers best support their staff regarding ADHD. We also have a free ADHD workplace welfare pack to be used to support staff members with ADHD.

Third Global Conference

We held our third global conference. It was again a 24 live stream across social media and bringing in experts and audiences from around the world.

Our charity partners for the event were ADHD Australia, ADHD New Zealand, Unlocking ADHD (Singapore), and Talking ADHD (Hong Kong). ADHD Australia are the primary partner. They take over broadcasting during our night time period. We then pick up again in the morning.

We broke our own records to again be (as far as we know) the world's biggest ADHD conference. We saw registrations of circa 6000 people from 104 countries, with cumulative live views of over 56,000 during the 24-hour live stream. People are also able to catch up via YouTube.

The aim of the conference was to share the best of global learning on ADHD with the maximum number of people benefiting. It was therefore free to attend and donate if you can.

OBJECTIVES AND ACTIVITIES

Website Information

We continued to expand the amount of information available to people on our website We are constantly looking to increase the amount of quality information we have. We do defer to quality rather than quantity.

The "Give feedback on this page" is working effectively to provide for community feedback and ensure our site and information is always the best it can be. Server costs remain significant and we are prioritising how we can reduce those.

Media

We continue to be regularly featured in UK Media helping to raise the profile of ADHD in the UK.

We are often asked to provide background and supporting information, as well as interviews and commentary. We have appeared in media pieces from organisations such as BBC, ITN, the Guardian, BBC, Sky News and many more.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Our main achievements of this period were:

Second Global Conference

We held our second global conference. Which was again the world's biggest ADHD conference. We saw registrations of circa 6000 people from nearly 100 countries The aim of the conference was to share the best of global learning on ADHD with the maximum number of people benefiting. It was therefore free to attend, with all donations being split between the participating ADHD charities. Videos of the different segments of the conference are available to everyone for free on YouTube.

Website Information

We continued to expand the amount of information available to people on our website We are constantly looking to increase the amount of quality information we have. We do defer to quality rather than quantity. We have also added a "Give feedback on this page" link at the bottom of every single page to allow for community feedback and ensure our site and information is always the best it can be. The use of the website continues to grow exponentially, which has in particular meant server costs becoming significant for us.

Media

We continue to be regularly featured in UK Media helping to raise the profile of ADHD in the UK. We are often asked to provide background and supporting information, as well as interviews and commentary. We have appeared in media pieces from organisations such as BBC, ITN, the Guardian, BBC, Sky News and many more.

FINANCIAL REVIEW

Financial position

ADHD UK has again experienced significant growth in its third year both in terms of income generated but importantly in the support it has been able to provide to those who suffer from ADHD.

ADHD UK has had a difficult year in terms of income generated, having lost a major donor that had helped the Charity in its early years towards the end of 2023. Despite this, the Charity managed to limit its deficit for the year to £26,396 but importantly it has managed to recover during 2025 and has so far generated income of over £220k for the first nine months of 2025 from a variety of sources. The current diversification of funds in 2025 shows the Charity to be far more resilient than before and exposed to less risk than in its early years meaning a bright future can be expected.

ADHD UK has been substantially reliant on donations from the public, receiving donations of £152,338 during 2024 (£245,558 - 2023). In addition, the Charity received funds of £23,970 from merchandise sales during 2024 (£6,041 - 2023). Investment income received in 2024 was £28 (£64 - 2023).

The combined total income for ADHD UK in 2024 was £176,336 for the year (£251,663 - 2023).

As the Charity grows, it has continued to expend resources on charitable activities, which included its coaching activities as well as focusing more of its energies on support activities.

Day to day running costs have grown slightly being £140,315 for the year (£133,842 - 2023), the most significant of which were the staff and IT costs.

ADHD UK continues to invest heavily in IT which enables the Charity to provide greater support and provide better awareness of ADHD UK and its activities.

Total expenditure on charitable activities in 2024 was £25,298 (£30,762- 2023).

Overall expenditure decreased in 2024 to £202,732 (£228,757 - 2023), the main reduction being in fundraising costs which were £37,119 for 2024 (£64,153 - 2023).

ADHD UK continues to grow and increase its reach and scope of services that it provides.

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that there are sufficient funds available to cover support and governance costs.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

ADHD UK is a Charitable Incorporated Organisation (CIO), governed according to its constitution dated 5 March 2020.

Recruitment and appointment of new trustees

Trustees are appointed by member vote. The board of trustees regularly reviews the skills and experience of members to ensure that, as the legal and operational backbone of the charity, the board is as strong as possible.

ADHD UK

Report of the Trustees
for the Year Ended 31st December 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188365

Principal address

49 Greek Street
Westminster
London
W1D 4EG

Trustees

Dr M R Davie
N Mankey

Independent Examiner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Bankers

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

Approved by order of the board of trustees on 20th October 2025 and signed on its behalf by:

N Mankey - Trustee

Independent examiner's report to the trustees of ADHD UK

I report to the charity trustees on my examination of the accounts of ADHD UK (the Trust) for the year ended 31st December 2024.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.

John Cordner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

27th October 2025

Statement of Financial Activities
for the Year Ended 31st December 2024

	Notes	31.12.24 Unrestricted fund £	31.12.23 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	152,338	245,558
Other trading activities	3	23,970	6,041
Investment income	4	28	64
Total		<u>176,336</u>	<u>251,663</u>
EXPENDITURE ON			
Raising funds	5	37,119	64,153
Charitable activities			
Raising funds from donations and legacies	6	-	8
Educational activities		75	3,998
Support costs		16,865	17,138
Coaching sessions		8,358	9,618
Other	8	140,315	133,842
Total		<u>202,732</u>	<u>228,757</u>
NET INCOME/(EXPENDITURE)		(26,396)	22,906
RECONCILIATION OF FUNDS			
Total funds brought forward		40,032	17,126
TOTAL FUNDS CARRIED FORWARD		<u><u>13,636</u></u>	<u><u>40,032</u></u>

ADHD UK

Balance Sheet
31st December 2024

		31.12.24 Unrestricted fund £	31.12.23 Total funds £
FIXED ASSETS	Notes		
Tangible assets	10	2,643	4,510
CURRENT ASSETS			
Stocks	11	430	423
Debtors	12	-	5,370
Cash at bank		13,468	31,602
		<hr/>	<hr/>
		13,898	37,395
CREDITORS			
Amounts falling due within one year	13	(2,905)	(1,873)
		<hr/>	<hr/>
NET CURRENT ASSETS		10,993	35,522
		<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		13,636	40,032
		<hr/>	<hr/>
NET ASSETS		13,636	40,032
		<hr/> <hr/>	<hr/> <hr/>
FUNDS	14		
Unrestricted funds		13,636	40,032
		<hr/>	<hr/>
TOTAL FUNDS		13,636	40,032
		<hr/> <hr/>	<hr/> <hr/>

The financial statements were approved by the Board of Trustees and authorised for issue on 20th October 2025 and were signed on its behalf by:

N Mankey - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 33% on cost
Computer equipment	- 25% on reducing balance and not provided

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 31st December 2024

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.12.24	31.12.23
	£	£
Donations	152,338	241,241
Gift aid	-	4,317
	<u>152,338</u>	<u>245,558</u>

3. OTHER TRADING ACTIVITIES

	31.12.24	31.12.23
	£	£
Shop income	<u>23,970</u>	<u>6,041</u>

4. INVESTMENT INCOME

	31.12.24	31.12.23
	£	£
Deposit account interest	<u>28</u>	<u>64</u>

5. RAISING FUNDS

Raising donations and legacies

	31.12.24	31.12.23
	£	£
Staff costs	16,865	37,747
Just Giving costs	562	360
Advertising	14,719	13,356
Fundraising events	-	5,853
IT Expenditure	2,380	5,027
Raising funds	835	567
Website costs	1,758	1,146
	<u>37,119</u>	<u>64,056</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2024

5. RAISING FUNDS - continued**Other trading activities**

	31.12.24	31.12.23
	£	£
Purchases	-	97
	<u> </u>	<u> </u>
Aggregate amounts	<u>37,119</u>	<u>64,153</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £
Educational activities	75
Support costs	16,865
Coaching sessions	8,358
	<u> </u>
	<u>25,298</u>

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.24	31.12.23
	£	£
Staff costs	16,865	17,129
Sundries	-	9
Coaching sessions	8,358	9,618
Training	75	3,998
Repairs and maintenance	-	8
	<u> </u>	<u> </u>
	<u>25,298</u>	<u>30,762</u>

8. OTHER

	31.12.24	31.12.23
	£	£
Staff costs	15,453	39,238
IT Expenditure	16,022	20,457
Staff recruitment costs	-	1,389
Sundry expenses	31	517
Printing and stationery	500	2,490
Postage	106	179
Travel and subsistence	447	1,852
Rent	15,731	29,112
Bank charges	313	472
Temporary staff	76,835	30,170
Other legal and professional	9,953	2,918
	<u> </u>	<u> </u>
Carried forward	135,391	128,794

Notes to the Financial Statements - continued
for the Year Ended 31st December 2024

8. OTHER - continued

	31.12.24	31.12.23
	£	£
Brought forward	135,391	128,794
Support costs	4,924	5,048
	<u>140,315</u>	<u>133,842</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2024 nor for the year ended 31st December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2024 nor for the year ended 31st December 2023.

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st January 2024 and 31st December 2024	<u>3,004</u>	<u>5,640</u>	<u>8,644</u>
DEPRECIATION			
At 1st January 2024	1,975	2,159	4,134
Charge for year	997	870	1,867
	<u>2,972</u>	<u>3,029</u>	<u>6,001</u>
At 31st December 2024			
NET BOOK VALUE			
At 31st December 2024	<u>32</u>	<u>2,611</u>	<u>2,643</u>
At 31st December 2023	<u>1,029</u>	<u>3,481</u>	<u>4,510</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2024

11. STOCKS

	31.12.24	31.12.23
	£	£
Payments on account	430	423
	<u>430</u>	<u>423</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24	31.12.23
	£	£
Other debtors	-	5,370
	<u>-</u>	<u>5,370</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24	31.12.23
	£	£
Trade creditors	937	-
Other creditors	1,968	1,873
	<u>2,905</u>	<u>1,873</u>

14. MOVEMENT IN FUNDS

	At 1.1.24	Net movement in funds	At 31.12.24
	£	£	£
Unrestricted funds			
General fund	40,032	(26,396)	13,636
	<u>40,032</u>	<u>(26,396)</u>	<u>13,636</u>
TOTAL FUNDS	<u>40,032</u>	<u>(26,396)</u>	<u>13,636</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	176,336	(202,732)	(26,396)
	<u>176,336</u>	<u>(202,732)</u>	<u>(26,396)</u>
TOTAL FUNDS	<u>176,336</u>	<u>(202,732)</u>	<u>(26,396)</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2024

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	17,126	22,906	40,032
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>17,126</u>	<u>22,906</u>	<u>40,032</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	251,663	(228,757)	22,906
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>251,663</u>	<u>(228,757)</u>	<u>22,906</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	17,126	(3,490)	13,636
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>17,126</u>	<u>(3,490)</u>	<u>13,636</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	427,999	(431,489)	(3,490)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>427,999</u>	<u>(431,489)</u>	<u>(3,490)</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2024.

Detailed Statement of Financial Activities
for the Year Ended 31st December 2024

	31.12.24 £	31.12.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	152,338	241,241
Gift aid	-	4,317
	<hr/>	<hr/>
	152,338	245,558
Other trading activities		
Shop income	23,970	6,041
Investment income		
Deposit account interest	28	64
	<hr/>	<hr/>
Total incoming resources	176,336	251,663
EXPENDITURE		
Raising donations and legacies		
Wages	16,000	35,524
Social security	447	1,490
Pensions	418	733
Just Giving costs	562	360
Advertising	14,719	13,356
Fundraising events	-	5,853
IT Expenditure	2,380	5,027
Raising funds	835	567
Website costs	1,758	1,146
	<hr/>	<hr/>
	37,119	64,056
Other trading activities		
Purchases	-	97
Charitable activities		
Wages	16,000	16,000
Social security	447	711
Pensions	418	418
Sundries	-	9
Coaching sessions	8,358	9,618
Training	75	3,998
Repairs and maintenance	-	8
	<hr/>	<hr/>
	25,298	30,762

This page does not form part of the statutory financial statements

Detailed Statement of Financial Activities
for the Year Ended 31st December 2024

	31.12.24	31.12.23
	£	£
Charitable activities		
Other		
Wages	16,000	36,811
Social security	(965)	1,513
Pensions	418	914
IT Expenditure	16,022	20,457
Staff recruitment costs	-	1,389
Sundry expenses	31	517
Printing and stationery	500	2,490
Postage	106	179
Travel and subsistence	447	1,852
Rent	15,731	29,112
Bank charges	313	472
Temporary staff	76,835	30,170
Other legal and professional	9,953	2,918
	<hr/>	<hr/>
	135,391	128,794
Support costs		
Other		
Insurance	559	687
Telephone	6	138
Sundries	384	123
Recycling and waste management	295	-
Fixtures and fittings	997	1,001
Computer equipment	870	1,131
	<hr/>	<hr/>
	3,111	3,080
Governance costs		
Bookkeeping fees	-	422
Independent examiner's fee	1,813	1,546
	<hr/>	<hr/>
	1,813	1,968
Total resources expended	<hr/>	<hr/>
	202,732	228,757
Net (expenditure)/income	<hr/>	<hr/>
	(26,396)	22,906
	<hr/> <hr/>	<hr/> <hr/>

ADHD UK

England & Wales - Charity number 1188365

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31st December 2023
for
ADHD UK

Hammond & Co
74 Blandford Road
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OBJECTIVES AND ACTIVITIES

Objectives and aims

We help those affected by ADHD thrive. We are on a mission to change what it means to have ADHD in the UK.

We have 5 main goals:

1. **Information:** To provide accurate, pertinent, quality information for people with ADHD, their carers and medical professionals.
2. **Support:** To provide emotional and informational support for people with ADHD and their carers via telephone, email, social media and support groups.
3. **Research:** Undertaking or funding research that will have a meaningful positive impact on those affected by ADHD
4. **Advocacy:** Advocating for those with ADHD within Employment, Education, Government and Healthcare.
5. **Awareness:** To raise awareness and understanding. Changing perceptions to remove any stigma and discrimination of those with ADHD.

OBJECTIVES AND ACTIVITIES

Significant activities

Support Groups

We provide free (with the option to donate) peer-to-peer support groups throughout the month for those affected by ADHD. With the help of ADHD coaches and therapists, we provide trusted and meaningful support to all those who need it.. We strongly believe in reducing financial barriers between those with the condition and information that can help them. Therefore, to reach as many people as possible, these groups are held online and are provided at on a free-but-donate-if-you-can model.

Community

We continue to have fast growing online communities. In particular our Facebook community allows people to connect with and learn from other people affected by ADHD. We have a substantial and active volunteer moderation team to whom we are very grateful. They work hard to ensure the community remains a safe and positive one.

ADHD Screener

We have an adult ADHD screener available for download on our website which people can use to give an indication of whether they might have ADHD and would therefore benefit from further clinical analysis. This screener was created by the World Health Organisation alongside the Workgroup on Adult ADHD in response to the widely considered viewpoint that adult ADHD is under-diagnosed, meaning people with the condition are not getting the help they need. This screener is trusted and is in line with the diagnosis criteria for adult ADHD. We have now provided the ability to download a PDF of your screener results so that you can take it to your GP should you need to.

Employer Support Services

We provide workplace presentations and management training to help employers best support their staff regarding ADHD. We also have a free ADHD workplace welfare pack to be used to support staff members with ADHD.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Our main achievements of this period were:

Second Global Conference

We held our second global conference. Which was again the world's biggest ADHD conference. We saw registrations of circa 6000 people from nearly 100 countries. The aim of the conference was to share the best of global learning on ADHD with the maximum number of people benefiting. It was therefore free to attend, with all donations being split between the participating ADHD charities. Videos of the different segments of the conference are available to everyone for free on YouTube.

Website Information

We continued to expand the amount of information available to people on our website. We are constantly looking to increase the amount of quality information we have. We do defer to quality rather than quantity. We have also added a "Give feedback on this page" link at the bottom of every single page to allow for community feedback and ensure our site and information is always the best it can be. The use of the website continues to grow exponentially, which has in particular meant server costs becoming significant for us.

Media

We continue to be regularly featured in UK Media helping to raise the profile of ADHD in the UK. We are often asked to provide background and supporting information, as well as interviews and commentary. We have appeared in media pieces from organisations such as BBC, ITN, the Guardian, BBC, Sky News and many more.

FINANCIAL REVIEW

Financial position

ADHD UK has again experienced significant growth in its third year both in terms of income generated but importantly in the support it has been able to provide to those who suffer from ADHD.

The Charity has been substantially reliant on donations from the public, receiving donations of £245,558 during 2023 (£110,716 - 2022). In addition, ADHD UK received funds of £6,041 from merchandise sales during 2023 (£11,660 - 2022). Investment income received in 2023 was £64 (£20 - 2022). The combined total income was £251,663 for the year (£122,396 - 2022).

As the Charity grows, it has continued to expend resources on charitable activities. During 2023 it expanded its educational and coaching activities as well focusing more of its energies on support activities.

In addition, day to day running costs have also grown, the most significant of which were the staff and IT costs. During 2023, the charity spent a combined £94,114 across its various activities on staff costs (£43,845 - 2022) and £25,484 on IT expenditure (£10,609 - 2022). This enabled the Charity to provide greater support and provide better awareness of ADHD UK and its activities.

Fundraising costs incurred in the year were £64,153 (£38,503 - 2022), of which £37,747 was staff costs (£20,278 - 2022).

Total expenditure on charitable activities in 2023 was £30,762 (£43,988- 2022). The reduction in expenditure was mainly due to the research grant made to the University of Glasgow in 2022 of £36,500, there being no comparable grant made in 2023. Overall expenditure in 2023 was £228,757 (£140,636 - 2022).

ADHD UK continues to grow and increase its reach and scope of services that it provides.

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that there are sufficient funds available to cover support and governance costs.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

ADHD UK is a Charitable Incorporated Organisation (CIO), governed according to its constitution dated 5 March 2020.

Recruitment and appointment of new trustees

Trustees are appointed by member vote. The board of trustees regularly reviews the skills and experience of members to ensure that, as the legal and operational backbone of the charity, the board is as strong as possible.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188365

ADHD UK

Report of the Trustees
for the Year Ended 31st December 2023

Principal address

49 Greek Street
Westminster
London
W1D 4EG

Trustees

Dr M R Davie
N Mankey (appointed 1.7.23)
Mrs C Thomas (resigned 30.6.23)

Independent Examiner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Bankers

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

Approved by order of the board of trustees on 22nd October 2024 and signed on its behalf by:

N Mankey - Trustee

Independent examiner's report to the trustees of ADHD UK

I report to the charity trustees on my examination of the accounts of ADHD UK (the Trust) for the year ended 31st December 2023.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.

John Cordner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

24th October 2024

ADHD UK

Statement of Financial Activities for the Year Ended 31st December 2023

		31.12.23 Unrestricted fund £	31.12.22 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	245,558	110,716
Other trading activities	3	6,041	11,660
Investment income	4	64	20
Total		<u>251,663</u>	<u>122,396</u>
EXPENDITURE ON			
Raising funds	5	64,153	38,503
Charitable activities	6		
Raising funds from donations and legacies		8	1,083
Educational activities		3,998	961
Support costs		17,138	-
Charitable contributions		-	5,444
Research funding		-	36,500
Coaching sessions		9,618	-
Other	8	133,842	58,145
Total		<u>228,757</u>	<u>140,636</u>
NET INCOME/(EXPENDITURE)		22,906	(18,240)
RECONCILIATION OF FUNDS			
Total funds brought forward		17,126	35,366
TOTAL FUNDS CARRIED FORWARD		<u>40,032</u>	<u>17,126</u>

The notes form part of these financial statements

ADHD UK

Balance Sheet
31st December 2023

		31.12.23 Unrestricted fund £	31.12.22 Total funds £
FIXED ASSETS	Notes		
Tangible assets	10	4,510	6,407
CURRENT ASSETS			
Stocks	11	423	551
Debtors	12	5,370	-
Cash at bank		31,602	14,771
		<u>37,395</u>	<u>15,322</u>
CREDITORS			
Amounts falling due within one year	13	(1,873)	(4,603)
		<u>35,522</u>	<u>10,719</u>
NET CURRENT ASSETS			
		<u>40,032</u>	<u>17,126</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>40,032</u>	<u>17,126</u>
NET ASSETS		<u>40,032</u>	<u>17,126</u>
FUNDS	14		
Unrestricted funds		<u>40,032</u>	<u>17,126</u>
TOTAL FUNDS		<u>40,032</u>	<u>17,126</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 22nd October 2024 and were signed on its behalf by:

N Mankey - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 33% on cost
Computer equipment	- 25% on reducing balance and not provided

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Notes to the Financial Statements - continued
for the Year Ended 31st December 2023

1. ACCOUNTING POLICIES - continued

Fund accounting

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.12.23	31.12.22
	£	£
Donations	241,241	108,716
Gift aid	4,317	-
Grants	-	2,000
	<u>245,558</u>	<u>110,716</u>

Grants received, included in the above, are as follows:

	31.12.23	31.12.22
	£	£
Ashapura Balvimaa Charity	-	2,000
	<u>-</u>	<u>2,000</u>

3. OTHER TRADING ACTIVITIES

	31.12.23	31.12.22
	£	£
Shop income	6,041	11,660
	<u>6,041</u>	<u>11,660</u>

4. INVESTMENT INCOME

	31.12.23	31.12.22
	£	£
Deposit account interest	64	20
	<u>64</u>	<u>20</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2023

5. RAISING FUNDS**Raising donations and legacies**

	31.12.23	31.12.22
	£	£
Staff costs	37,747	20,278
Just Giving costs	360	216
Advertising	13,356	8,776
Fundraising events	5,853	4,001
IT Expenditure	5,027	1,688
Raising funds	567	618
Website costs	1,146	2,551
	<u>64,056</u>	<u>38,128</u>

Other trading activities

	31.12.23	31.12.22
	£	£
Purchases	97	375
	<u>97</u>	<u>375</u>
Aggregate amounts	<u>64,153</u>	<u>38,503</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £
Raising funds from donations and legacies	8
Educational activities	3,998
Support costs	17,138
Coaching sessions	9,618
	<u>30,762</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2023

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.23	31.12.22
	£	£
Staff costs	17,129	-
Sundries	9	-
Coaching sessions	9,618	-
Training	3,998	961
Charitable contributions	-	5,444
Repairs and maintenance	8	1,083
	<u>30,762</u>	<u>7,488</u>

8. OTHER

	31.12.23	31.12.22
	£	£
Staff costs	39,238	23,567
IT Expenditure	20,457	6,469
Staff recruitment costs	1,389	824
Sundry expenses	517	58
Printing and stationery	2,490	2,003
Postage	179	254
Travel and subsistence	1,852	1,488
Rent	29,112	16,459
Bank charges	472	258
Temporary staff	30,170	-
Other legal and professional	2,918	448
Support costs	5,048	6,317
	<u>133,842</u>	<u>58,145</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2023 nor for the year ended 31st December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2023 nor for the year ended 31st December 2022.

Notes to the Financial Statements - continued
for the Year Ended 31st December 2023

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st January 2023	3,004	5,405	8,409
Additions	-	235	235
	<hr/>	<hr/>	<hr/>
At 31st December 2023	3,004	5,640	8,644
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 1st January 2023	974	1,028	2,002
Charge for year	1,001	1,131	2,132
	<hr/>	<hr/>	<hr/>
At 31st December 2023	1,975	2,159	4,134
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 31st December 2023	1,029	3,481	4,510
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31st December 2022	2,030	4,377	6,407
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

11. STOCKS

	31.12.23 £	31.12.22 £
Payments on account	423	551
	<hr/> <hr/>	<hr/> <hr/>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23 £	31.12.22 £
Other debtors	5,370	-
	<hr/> <hr/>	<hr/> <hr/>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2023

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23 £	31.12.22 £
Taxation and social security	-	1,648
Other creditors	1,873	2,955
	<u>1,873</u>	<u>4,603</u>

14. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	17,126	22,906	40,032
	<u>17,126</u>	<u>22,906</u>	<u>40,032</u>
TOTAL FUNDS	<u>17,126</u>	<u>22,906</u>	<u>40,032</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	251,663	(228,757)	22,906
	<u>251,663</u>	<u>(228,757)</u>	<u>22,906</u>
TOTAL FUNDS	<u>251,663</u>	<u>(228,757)</u>	<u>22,906</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	35,366	(18,240)	17,126
	<u>35,366</u>	<u>(18,240)</u>	<u>17,126</u>
TOTAL FUNDS	<u>35,366</u>	<u>(18,240)</u>	<u>17,126</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2023

14. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	122,396	(140,636)	(18,240)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>122,396</u>	<u>(140,636)</u>	<u>(18,240)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	35,366	4,666	40,032
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>35,366</u>	<u>4,666</u>	<u>40,032</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	374,059	(369,393)	4,666
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>374,059</u>	<u>(369,393)</u>	<u>4,666</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2023.

Detailed Statement of Financial Activities
for the Year Ended 31st December 2023

	31.12.23 £	31.12.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	241,241	108,716
Gift aid	4,317	-
Grants	-	2,000
	<hr/>	<hr/>
	245,558	110,716
Other trading activities		
Shop income	6,041	11,660
Investment income		
Deposit account interest	64	20
	<hr/>	<hr/>
Total incoming resources	251,663	122,396
EXPENDITURE		
Raising donations and legacies		
Wages	35,524	20,278
Social security	1,490	-
Pensions	733	-
Just Giving costs	360	216
Advertising	13,356	8,776
Fundraising events	5,853	4,001
IT Expenditure	5,027	1,688
Raising funds	567	618
Website costs	1,146	2,551
	<hr/>	<hr/>
	64,056	38,128
Other trading activities		
Purchases	97	375
Charitable activities		
Wages	16,000	-
Social security	711	-
Pensions	418	-
Sundries	9	-
Coaching sessions	9,618	-
Training	3,998	961
Carried forward	30,754	961

This page does not form part of the statutory financial statements

ADHD UK

Detailed Statement of Financial Activities for the Year Ended 31st December 2023

	31.12.23	31.12.22
	£	£
Charitable activities		
Brought forward	30,754	961
Charitable contributions	-	5,444
Repairs and maintenance	8	1,083
Grants to institutions	-	36,500
	<hr/>	<hr/>
	30,762	43,988
Other		
Wages	36,811	23,567
Social security	1,513	-
Pensions	914	-
IT Expenditure	20,457	6,469
Staff recruitment costs	1,389	824
Sundry expenses	517	58
Printing and stationery	2,490	2,003
Postage	179	254
Travel and subsistence	1,852	1,488
Rent	29,112	16,459
Bank charges	472	258
Temporary staff	30,170	-
Other legal and professional	2,918	448
	<hr/>	<hr/>
	128,794	51,828
Support costs		
Other		
Pensions	-	812
Insurance	687	184
Telephone	138	108
Sundries	123	796
Recycling and waste management	-	905
Fixtures and fittings	1,001	970
Computer equipment	1,131	942
	<hr/>	<hr/>
	3,080	4,717
Governance costs		
Bookkeeping fees	422	400
Independent examiner's fee	1,546	1,200
	<hr/>	<hr/>
	1,968	1,600
Total resources expended	<hr/>	<hr/>
	228,757	140,636
Net income/(expenditure)	<hr/>	<hr/>
	22,906	(18,240)
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements

ADHD UK

England & Wales - Charity number 1188365

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31st December 2022
for
ADHD UK

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Contents of the Financial Statements
for the Year Ended 31st December 2022

	Page
Report of the Trustees	1 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 17
Detailed Statement of Financial Activities	18 to 19

The trustees present their report with the financial statements of the charity for the year ended 31st December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

We help those affected by ADHD thrive. We are on a mission to change what it means to have ADHD in the UK.

We have 5 main goals:

1. **Information:** To provide accurate, pertinent, quality information for people with ADHD, their carers and medical professionals.
2. **Support:** To provide emotional and informational support for people with ADHD and their carers via telephone, email, social media and support groups.
3. **Research:** Undertaking or funding research that will have a meaningful positive impact on those affected by ADHD
4. **Advocacy:** Advocating for those with ADHD within Employment, Education, Government and Healthcare.
5. **Awareness:** To raise awareness and understanding. Changing perceptions to remove any stigma and discrimination of those with ADHD.

OBJECTIVES AND ACTIVITIES

Significant activities

Support Groups

We provide free peer-to-peer support groups throughout the month for those affected by ADHD. With the help of ADHD coaches and therapists, we provide trusted and meaningful support to all those who need it. To reach as many people as possible, these groups are held online and are provided for free.

Community

We manage a fast growing Facebook community where people can connect with and learn from other people affected by ADHD. We ensure the information shared is accurate and safe, so that all who use the community can increase their understanding of ADHD for their benefit.

ADHD Screener

We have an adult ADHD screener available for download on our website which people can use to give an indication of whether they might have ADHD and would therefore benefit from further clinical analysis. This screener was created by the World Health Organisation alongside the Workgroup on Adult ADHD in response to the widely considered viewpoint that adult ADHD is under-diagnosed, meaning people with the condition are not getting the help they need. This screener is trusted and is in line with the diagnosis criteria for adult ADHD.

Research

We have funded research at the University of Glasgow into the relationship between ADHD and Suicide Risk. Through research, we can further our understanding of ADHD and make positive changes to the lives of those affected by it.

Employer Support Services

We provide workplace presentations and management training to help employers best support their staff regarding ADHD. We also have a free ADHD workplace welfare pack to be used to support staff members with ADHD.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Our main achievements of this period were:

1. We grew the charity so that it has been able to employ two full time members of staff.
2. We held world's biggest, and first truly global, 24-hour Global ADHD Conference. We had 53 speakers, including representatives from companies such as Google, EY, Microsoft, and Monzo Bank. Over 6000 people watched it from 60 countries. The aim of the conference was to share the best of global learning on ADHD with the maximum number of people benefiting. It was therefore free to attend, with all donations being split between the participating ADHD charities. Videos of the different segments of the conference are available to everyone for free on YouTube.
3. We launched the ADHD UK Marketplace, where people affected by ADHD can find trusted services that truly make a difference, which will contribute to our goal of helping people with ADHD thrive. These services include life-coaches, therapists, assessment providers, and workshops. Having all different types of services listed in one place, specifically for people with ADHD, is hugely beneficial to people with ADHD.
4. We sponsored Glasgow University Research into the relationship between ADHD and Suicide Risk. There is evidence that there is a strong correlation between ADHD and suicide risk, so more understanding on this is essential for then being able to make a positive change.
5. We expanded the amount of information available to people on our website. Significant additions were made to our sections on about ADHD (including the history of ADHD, Famous people with ADHD, Useful Resources), Adult ADHD diagnosis (including specific pages on Right to Choose and Individual Funding requests), Child ADHD diagnosis (including the SEND system and Educational Health Care Plans), Data on ADHD (including prescriptions data, incidence and ADHD Diagnosis rate UK), ADHD & Work (including Reasonable Adjustments, Interview Adjustments and the ADHD UK Welfare Pack, Access to Work Government Support, ADHD UK Employer Support Services), Education (Teachers Group, School Support Sessions), Support (Support Groups, ADHD Fines & Debt), ADHD Media Briefing information
6. We are regularly featured in UK Media helping to raise the profile of ADHD in the UK. We are often asked to provide background and supporting information, as well as interviews and commentary. We have appeared in media pieces from organisations such as ITN, the Guardian, BBC and Sky News.
7. We expanded our existing support services. This has included making more specific support groups such as ADHD and Women, ADHD and Autism, and ADHD Couples. We have upwards of 25 support groups per month all with the help of ADHD coaches, therapists and experts. These are all offered for free on a donate-if-you-can basis. ADHD support in the UK tends to be hard to attain and costly, and these support groups positively impact those with ADHD (diagnosed or not) who otherwise wouldn't be able to access support.
8. We carried out Freedom of Information requests across the whole of the NHS and Northern Ireland Health and Social Care system, in order to find out the current status of ADHD waitlists and amount of diagnoses being carried out in the UK for both adults and children. The situation was largely unknown, so we carried this out in order to grow in knowledge, and identify the areas which need improving nationwide.

ADHD UK

Report of the Trustees for the Year Ended 31st December 2022

9. We manage a growing Facebook community dedicated to ADHD support and information. This increases the understanding of the condition, contributing to our goals of awareness and understanding. At the end of 2022, we were able to reach and raise awareness for over 39,000 more people than at the end of 2021. These groups continue to grow.

10. ADHD UK provides accurate and important information, raising awareness of ADHD. An average of 122,600 people visited our website per month at the end of 2022, which is an increase of 100,000 from 2021. We are continuing to successfully achieve our goals of information, support, and awareness.

11. Having access to an adult ADHD screener on our website means that people can get an indication of whether they have ADHD. This will result in some clarity for those waiting for a diagnosis, which can take many years. The screener was downloaded from our website over 300,000 times in 2022.

12. We provided employer support services, including workplace presentations and management training, to help employers best support their staff regarding ADHD. We also have a free ADHD workplace welfare pack to be used to support staff members with ADHD. We have provided training to organisations such as Chelsea Football Club, the Crown Estate and ITV.

FINANCIAL REVIEW

Financial position

ADHD UK was the Charity's second year and it has grown substantially in terms of its income, but also in the support it has been able to provide to those who suffer from ADHD.

The Charity has been substantially reliant on donations from the public, receiving donations of £110,716 during 2022 (£46,350 - 2021). In addition, ADHD UK received funds of £11,660 from merchandise sales during 2022 (£3,493 - 2021). Investment income received in 2022 was £20 (nil - 2021). The combined total income was £122,396 for the year (£49,843 - 2021).

As the Charity grows, it has continued to expend resources on charitable activities. During 2022 a research grant of £36,500 was made to the University of Glasgow.

The Charity continues to provide educational and support services as part of its charitable activities.

In addition, day to day running costs have also grown, the most significant of which were the staff costs for the new employees that were employed by the Charity, being £23,567 during 2022 (£986 - 2021).

Other significant running cost increases have been for premises and IT expenditure. The Charity moved to new premises during 2022 and as a result the rental costs have climbed to £16,459 in 2022 (£3,108 - 2021). The Charity has also invested in new innovative technologies to reach its audience and as such IT expenditure has climbed to £6,568 (£436 - 2021).

Fundraising costs incurred in the year were £38,029 (£3,841 - 2021), of which £20,278 was due to the recruitment of a dedicated fundraiser.

Total expenditure on charitable activities in 2022 was £43,988 (£4,570 - 2021). Overall expenditure in 2022 was £140,636 (£15,854 - 2021).

ADHD UK continues to grow and increase its reach and scope of services that it provides.

FINANCIAL REVIEW

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that there are sufficient funds available to cover support and governance costs.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

ADHD UK is a Charitable Incorporated Organisation (CIO), governed according to its constitution dated 5 March 2020.

Recruitment and appointment of new trustees

Trustees are appointed by member vote. The board of trustees regularly reviews the skills and experience of members to ensure that, as the legal and operational backbone of the charity, the board is as strong as possible.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188365

Principal address

Oriel House
26 The Quadrant
Richmond
London
TW9 1DL

Trustees

H G C Shelford (resigned 31.12.22)
Dr M R Davie
Ms J Roberts (resigned 30.11.22)
N Mankey (appointed 1.7.23)
Mrs C Thomas (appointed 14.11.22) (resigned 30.6.23)

Independent Examiner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Bankers

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

ADHD UK

Report of the Trustees
for the Year Ended 31st December 2022

Approved by order of the board of trustees on 28th July 2023 and signed on its behalf by:

N Mankey - Trustee

Independent examiner's report to the trustees of ADHD UK

I report to the charity trustees on my examination of the accounts of ADHD UK (the Trust) for the year ended 31st December 2022.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.

John Cordner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

28th July 2023

ADHD UK

Statement of Financial Activities
for the Year Ended 31st December 2022

		31.12.22 Unrestricted fund £	31.12.21 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	110,716	46,350
Other trading activities	3	11,660	3,493
Investment income	4	20	-
Total		<u>122,396</u>	<u>49,843</u>
EXPENDITURE ON			
Raising funds	5	38,404	4,017
Charitable activities	6		
Raising funds from donations and legacies		1,083	-
Educational activities		961	1,250
Support costs		-	1,480
Charitable contributions		5,444	1,840
Research funding		36,500	-
Other	8	58,244	7,267
Total		<u>140,636</u>	<u>15,854</u>
NET INCOME/(EXPENDITURE)		(18,240)	33,989
RECONCILIATION OF FUNDS			
Total funds brought forward		35,366	1,377
TOTAL FUNDS CARRIED FORWARD		<u><u>17,126</u></u>	<u><u>35,366</u></u>

ADHD UK

Balance Sheet
31st December 2022

		31.12.22 Unrestricted fund £	31.12.21 Total funds £
FIXED ASSETS	Notes		
Tangible assets	11	6,407	1,108
CURRENT ASSETS			
Stocks	12	551	-
Cash at bank		14,771	35,636
		<u>15,322</u>	<u>35,636</u>
CREDITORS			
Amounts falling due within one year	13	(4,603)	(1,378)
		<u>10,719</u>	<u>34,258</u>
NET CURRENT ASSETS			
		<u>17,126</u>	<u>35,366</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>17,126</u>	<u>35,366</u>
NET ASSETS		<u>17,126</u>	<u>35,366</u>
FUNDS	14		
Unrestricted funds		17,126	35,366
TOTAL FUNDS		<u>17,126</u>	<u>35,366</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28th July 2023 and were signed on its behalf by:

N Mankey - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 33% on cost
Computer equipment	- 25% on reducing balance and not provided

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

1. ACCOUNTING POLICIES - continued

Fund accounting

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.12.22	31.12.21
	£	£
Donations	108,716	46,350
Grants	2,000	-
	<u>110,716</u>	<u>46,350</u>

Grants received, included in the above, are as follows:

	31.12.22	31.12.21
	£	£
Ashapura Balvimaa Charity	<u>2,000</u>	<u>-</u>

3. OTHER TRADING ACTIVITIES

	31.12.22	31.12.21
	£	£
Shop income	<u>11,660</u>	<u>3,493</u>

4. INVESTMENT INCOME

	31.12.22	31.12.21
	£	£
Deposit account interest	<u>20</u>	<u>-</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

5. RAISING FUNDS**Raising donations and legacies**

	31.12.22	31.12.21
	£	£
Staff costs	20,278	-
Just Giving costs	216	180
Advertising	8,776	2,118
Fundraising events	4,001	750
IT Expenditure	4,140	793
Raising funds	618	-
	<u>38,029</u>	<u>3,841</u>

Other trading activities

	31.12.22	31.12.21
	£	£
Purchases	375	176
	<u>375</u>	<u>176</u>
Aggregate amounts	<u>38,404</u>	<u>4,017</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7) £	Grant funding of activities £	Totals £
Raising funds from donations and legacies	1,083	-	1,083
Educational activities	961	-	961
Charitable contributions	5,444	-	5,444
Research funding	-	36,500	36,500
	<u>7,488</u>	<u>36,500</u>	<u>43,988</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.22	31.12.21
	£	£
Staff costs	-	1,480
Training	961	1,250
Charitable contributions	5,444	1,840
Repairs and maintenance	1,083	-
	<u>7,488</u>	<u>4,570</u>

8. OTHER

	31.12.22	31.12.21
	£	£
Staff costs	23,567	986
IT Expenditure	6,568	436
Staff recruitment costs	824	570
Sundry expenses	58	28
Printing and stationery	2,003	39
Postage	254	11
Travel and subsistence	1,488	89
Rent	16,459	3,108
Bank charges	258	96
Other legal and professional	448	574
Depreciation	-	90
Support costs	6,317	1,240
	<u>58,244</u>	<u>7,267</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2022 nor for the year ended 31st December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2022 nor for the year ended 31st December 2021.

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

10. STAFF COSTS

	31.12.22	31.12.21
	£	£
Wages and salaries	43,845	2,466
Other pension costs	812	-
	<u>44,657</u>	<u>2,466</u>

The average monthly number of employees during the year was as follows:

31.12.22	31.12.21
<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

11. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st January 2022	144	1,054	1,198
Additions	2,860	4,351	7,211
	<u>3,004</u>	<u>5,405</u>	<u>8,409</u>
At 31st December 2022	3,004	5,405	8,409
DEPRECIATION			
At 1st January 2022	4	86	90
Charge for year	970	942	1,912
	<u>974</u>	<u>1,028</u>	<u>2,002</u>
At 31st December 2022	974	1,028	2,002
NET BOOK VALUE			
At 31st December 2022	<u>2,030</u>	<u>4,377</u>	<u>6,407</u>
At 31st December 2021	<u>140</u>	<u>968</u>	<u>1,108</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

12. STOCKS

	31.12.22	31.12.21
	£	£
Payments on account	551	-
	<u>551</u>	<u>-</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Taxation and social security	1,648	138
Other creditors	2,955	1,240
	<u>4,603</u>	<u>1,378</u>

14. MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	35,366	(18,240)	17,126
	<u>35,366</u>	<u>(18,240)</u>	<u>17,126</u>
TOTAL FUNDS	<u>35,366</u>	<u>(18,240)</u>	<u>17,126</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	122,396	(140,636)	(18,240)
	<u>122,396</u>	<u>(140,636)</u>	<u>(18,240)</u>
TOTAL FUNDS	<u>122,396</u>	<u>(140,636)</u>	<u>(18,240)</u>

Comparatives for movement in funds

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	1,377	33,989	35,366
	<u>1,377</u>	<u>33,989</u>	<u>35,366</u>
TOTAL FUNDS	<u>1,377</u>	<u>33,989</u>	<u>35,366</u>

Notes to the Financial Statements - continued
for the Year Ended 31st December 2022

14. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	49,843	(15,854)	33,989
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>49,843</u>	<u>(15,854)</u>	<u>33,989</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	1,377	15,749	17,126
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>1,377</u>	<u>15,749</u>	<u>17,126</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	172,239	(156,490)	15,749
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>172,239</u>	<u>(156,490)</u>	<u>15,749</u>

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st December 2022.

Detailed Statement of Financial Activities
for the Year Ended 31st December 2022

	31.12.22 £	31.12.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	108,716	46,350
Grants	2,000	-
	<hr/>	<hr/>
	110,716	46,350
Other trading activities		
Shop income	11,660	3,493
Investment income		
Deposit account interest	20	-
	<hr/>	<hr/>
Total incoming resources	122,396	49,843
EXPENDITURE		
Raising donations and legacies		
Wages	20,278	-
Just Giving costs	216	180
Advertising	8,776	2,118
Fundraising events	4,001	750
IT Expenditure	4,140	793
Raising funds	618	-
	<hr/>	<hr/>
	38,029	3,841
Other trading activities		
Purchases	375	176
Charitable activities		
Wages	-	1,480
Training	961	1,250
Charitable contributions	5,444	1,840
Repairs and maintenance	1,083	-
Grants to institutions	36,500	-
	<hr/>	<hr/>
	43,988	4,570
Other		
Wages	23,567	986
Carried forward	23,567	986

ADHD UK

Detailed Statement of Financial Activities for the Year Ended 31st December 2022

	31.12.22	31.12.21
	£	£
Other		
Brought forward	23,567	986
IT Expenditure	6,568	436
Staff recruitment costs	824	570
Sundry expenses	58	28
Printing and stationery	2,003	39
Postage	254	11
Travel and subsistence	1,488	89
Rent	16,459	3,108
Bank charges	258	96
Other legal and professional	448	574
Computer equipment	-	90
	<hr/>	<hr/>
	51,927	6,027
Support costs		
Other		
Pensions	812	-
Insurance	184	-
Telephone	108	-
Sundries	796	-
Recycling and waste management	905	-
Fixtures and fittings	970	-
Computer equipment	942	-
	<hr/>	<hr/>
	4,717	-
Governance costs		
Bookkeeping fees	400	280
Independent examiner's fee	1,200	960
	<hr/>	<hr/>
	1,600	1,240
Total resources expended	<hr/>	<hr/>
	140,636	15,854
Net (expenditure)/income	<hr/>	<hr/>
	(18,240)	33,989
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements

ADHD UK

England & Wales - Charity number 1188365

Accounts



Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2021
for
ADHD UK

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Contents of the Financial Statements
for the Year Ended 31 December 2021

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 13
Detailed Statement of Financial Activities	14 to 15

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

We help those affected by ADHD thrive. We are on a mission to change what it means to have ADHD in the UK.

We have 5 main goals:

1. **Information:** To provide accurate, pertinent, quality information for people with ADHD, their carers and medical professionals.
2. **Support:** To provide emotional and informational support for people with ADHD and their carers via telephone, email, social media and support groups.
3. **Research:** Undertaking or funding research that will have a meaningful positive impact on those affected by ADHD
4. **Advocacy:** Advocating for those with ADHD within Employment, Education, Government and Healthcare.
5. **Awareness:** To raise awareness and understanding. Changing perceptions to remove any stigma and discrimination of those with ADHD.

Significant activities

Support Groups

We provide free peer-to-peer support groups throughout the month for those affected by ADHD. With the help of ADHD coaches and therapists, we provide trusted and meaningful support to all those who need it. In order to reach as many people as possible, these groups are held online.

Community

We manage a fast growing Facebook community where people can connect with and learn from other people affected by ADHD. We ensure the information shared is accurate and safe, so that all who use the community can increase their understanding of ADHD for their benefit.

ADHD Screener

We have an adult ADHD screener available for download on our website which people can use to give an indication of whether they might have ADHD and would therefore benefit from further clinical analysis. This screener was created by experts at Harvard University using the WHO Composite International Diagnostic in response to the widely considered viewpoint that adult ADHD is under-diagnosed, meaning people with the condition are not getting the help they need. This screener was completed over 45,000 times in 2021.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Our main achievements of this period were:

1. Being able to fulfil many of our main goals and do so for everyone as we provide everything on a donate-if-you-can basis. For example, our support groups are free. ADHD support in the UK tends to be hard to attain and costly, and these support groups will inevitably positively impact those with ADHD (diagnosed or not) who otherwise wouldn't be able to access support.
2. Managing Facebook groups dedicated to ADHD support and information means people's understanding of the condition will increase, contributing to our goals of awareness and understanding. Our main Facebook group membership grew significantly since its launch and we now reach and raise awareness for over 14,000 more people. These groups continue to grow.
3. ADHD UK provides accurate and important information, raising awareness of ADHD. We continue to develop our website to provide high quality, relevant information and we now have over 20,000 people visit our website per month.
4. Having access to an adult ADHD screener on our website means that people can get an indication of whether they have ADHD. This will result in some clarity for those waiting for a diagnosis, which can take many years. The screener was downloaded from our website over 45,000 times in 2021.

5.

FINANCIAL REVIEW

Financial position

This was ADHD UK's second year and it has grown substantially in terms of its income, but also in the support it has been able to provide to those who suffer from ADHD.

The Charity has been substantially reliant on donations from the public, receiving donations of £46,350 during 2021 (£1,861 - 2020). In addition, ADHD UK received funds of £3,493 from merchandise sales during 2021 (nil - 2020), giving total combined income of £49,843 for the year (£1,861 - 2020). The Charity does not receive any funds from the Government.

As the Charity has grown, so has its expenditure. It has started to provide educational and support services as part of its charitable activities. Total expenditure on charitable activities in 2021 was £4,570 (nil - 2020). It has also invested in advertising its presence and promotion of fundraising activities; these costs amounted to £3,841 during 2021 (£108 - 2020).

During 2021, ADHD UK took on its first employee to help with the day to day running of the Charity, providing services to sufferers.

Total expenditure for 2021 was £15,854 (£484 -2020).

ADHD UK continues to grow and increase its reach and scope of services that it provides.

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately two months of unrestricted charitable expenditure.

ADHD UK

Report of the Trustees for the Year Ended 31 December 2021

FUTURE PLANS

1. Expand our existing support services. This will include making more specific support groups such as ADHD and Women, ADHD and Autism, and ADHD Couples. We hope to have upwards of 30 support groups per month at the end of next year, all with the help of ADHD coaches, therapists and experts.
2. Launch the ADHD UK Marketplace where people affected by ADHD can find trusted services that truly make a difference, which will contribute to our goal of helping people with ADHD thrive. These services will include life-coaches, assessment providers, and workshops. Having all different types of services listed in one place will be hugely beneficial to people with ADHD.
3. We hope to sponsor research into the relationship between ADHD and Suicide Risk. There is evidence that there is a strong correlation between ADHD and suicide risk, so more understanding on this is essential for then being able to make a positive change.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

ADHD UK is a Charitable Incorporated Organisation (CIO), governed according to its constitution dated 5 March 2020.

Recruitment and appointment of new trustees

Trustees are appointed by member vote. The board of trustees regularly reviews the skills and experience of members to ensure that, as the legal and operational backbone of the charity, the board is as strong as possible.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188365

Principal address

11 Palace Court
Westminster
London
W2 4LP

Trustees

H G C Shelford
Dr M R Davie
Ms J Roberts (appointed 9.6.21)

Independent Examiner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

ADHD UK

Report of the Trustees
for the Year Ended 31 December 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Bankers

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

Approved by order of the board of trustees on 28 October 2022 and signed on its behalf
by:

H G C Shelford - Trustee / Chairperson

Independent examiner's report to the trustees of ADHD UK

I report to the charity trustees on my examination of the accounts of ADHD UK (the Trust) for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.

John Cordner
Association of Chartered Certified Accountants
Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

27 October 2022

ADHD UK

Statement of Financial Activities
for the Year Ended 31 December 2021

		Year Ended 31.12.21 Unrestricted fund £	Period 5.3.20 to 31.12.20 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	46,350	1,861
Other trading activities	3	3,493	-
Total		<u>49,843</u>	<u>1,861</u>
EXPENDITURE ON			
Raising funds	4	4,017	410
Charitable activities	5		
Educational activities		1,250	-
Support costs		1,480	-
Charitable contributions		1,840	-
Other	7	7,267	74
Total		<u>15,854</u>	<u>484</u>
NET INCOME		33,989	1,377
RECONCILIATION OF FUNDS			
Total funds brought forward		1,377	-
TOTAL FUNDS CARRIED FORWARD		<u><u>35,366</u></u>	<u><u>1,377</u></u>

The notes form part of these financial statements

ADHD UK

Balance Sheet
31 December 2021

	Notes	31.12.21 Unrestricted fund £	31.12.20 Total funds £
FIXED ASSETS			
Tangible assets	10	1,108	-
CURRENT ASSETS			
Cash at bank		35,636	1,546
CREDITORS			
Amounts falling due within one year	11	(1,378)	(169)
NET CURRENT ASSETS		<u>34,258</u>	<u>1,377</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		35,366	1,377
NET ASSETS		<u>35,366</u>	<u>1,377</u>
FUNDS	12		
Unrestricted funds		<u>35,366</u>	<u>1,377</u>
TOTAL FUNDS		<u>35,366</u>	<u>1,377</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 26 October 2022 and were signed on its behalf by:

H G C Shelford - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 31 December 2021

2. DONATIONS AND LEGACIES

	Year Ended 31.12.21	Period 5.3.20 to 31.12.20
	£	£
Donations	46,350	1,861
	<u>46,350</u>	<u>1,861</u>

3. OTHER TRADING ACTIVITIES

	Year Ended 31.12.21	Period 5.3.20 to 31.12.20
	£	£
Shop income	3,493	-
	<u>3,493</u>	<u>-</u>

4. RAISING FUNDS**Raising donations and legacies**

	Year Ended 31.12.21	Period 5.3.20 to 31.12.20
	£	£
Sundries	-	108
Just Giving costs	180	-
Advertising	2,118	-
Fundraising events	750	-
IT Expenditure	793	-
	<u>3,841</u>	<u>108</u>

Other trading activities

	Year Ended 31.12.21	Period 5.3.20 to 31.12.20
	£	£
Purchases	176	302
	<u>176</u>	<u>302</u>
Aggregate amounts	<u>4,017</u>	<u>410</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2021

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 6) £
Educational activities	1,250
Support costs	1,480
Charitable contributions	1,840
	<hr/>
	4,570
	<hr/> <hr/>

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Year Ended 31.12.21 £	Period 5.3.20 to 31.12.20 £
Staff costs	1,480	-
Training	1,250	-
Charitable contributions	1,840	-
	<hr/>	<hr/>
	4,570	-
	<hr/> <hr/>	<hr/> <hr/>

7. OTHER

	Year Ended 31.12.21 £	Period 5.3.20 to 31.12.20 £
Staff costs	986	-
IT Expenditure	436	-
Staff recruitment costs	570	-
Sundry expenses	28	-
Printing and stationery	39	54
Postage	11	-
Travel and subsistence	89	-
Rent	3,108	-
Bank charges	96	20
Other legal and professional	574	-
Depreciation	90	-
Support costs	1,240	-
	<hr/>	<hr/>
	7,267	74
	<hr/> <hr/>	<hr/> <hr/>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2021

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the period ended 31 December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the period ended 31 December 2020.

9. STAFF COSTS

	Year Ended 31.12.21 £	Period 5.3.20 to 31.12.20 £
Wages and salaries	2,466	-
	<u>2,466</u>	<u>-</u>

The average monthly number of employees during the year was as follows:

Year Ended 31.12.21	Period 5.3.20 to 31.12.20
<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

10. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	1,198
	<u> </u>
DEPRECIATION	
Charge for year	90
	<u> </u>
NET BOOK VALUE	
At 31 December 2021	1,108
	<u> </u>
At 31 December 2020	-
	<u> </u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2021

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.21 £	31.12.20 £
Taxation and social security	138	-
Other creditors	1,240	169
	<u>1,378</u>	<u>169</u>

12. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	1,377	33,989	35,366
	<u>1,377</u>	<u>33,989</u>	<u>35,366</u>
TOTAL FUNDS	<u>1,377</u>	<u>33,989</u>	<u>35,366</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	49,843	(15,854)	33,989
	<u>49,843</u>	<u>(15,854)</u>	<u>33,989</u>
TOTAL FUNDS	<u>49,843</u>	<u>(15,854)</u>	<u>33,989</u>

Comparatives for movement in funds

	Net movement in funds £	At 31.12.20 £
Unrestricted funds		
General fund	1,377	1,377
	<u>1,377</u>	<u>1,377</u>
TOTAL FUNDS	<u>1,377</u>	<u>1,377</u>

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,861	(484)	1,377
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>1,861</u>	<u>(484)</u>	<u>1,377</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

ADHD UK

Detailed Statement of Financial Activities
for the Year Ended 31 December 2021

	Year Ended 31.12.21 £	Period 5.3.20 to 31.12.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	46,350	1,861
Other trading activities		
Shop income	3,493	-
Total incoming resources	49,843	1,861
EXPENDITURE		
Raising donations and legacies		
Sundries	-	108
Just Giving costs	180	-
Advertising	2,118	-
Fundraising events	750	-
IT Expenditure	793	-
	3,841	108
Other trading activities		
Purchases	176	302
Charitable activities		
Wages	1,480	-
Training	1,250	-
Charitable contributions	1,840	-
	4,570	-
Other		
Wages	986	-
IT Expenditure	436	-
Staff recruitment costs	570	-
Sundry expenses	28	-
Printing and stationery	39	54
Postage	11	-
Travel and subsistence	89	-
Carried forward	2,159	54

This page does not form part of the statutory financial statements

ADHD UK

Detailed Statement of Financial Activities
for the Year Ended 31 December 2021

	Year Ended 31.12.21 £	Period 5.3.20 to 31.12.20 £
Other		
Brought forward	2,159	54
Rent	3,108	-
Bank charges	96	20
Other legal and professional	574	-
Computer equipment	90	-
	<hr/>	<hr/>
	6,027	74
 Support costs		
 Governance costs		
Bookkeeping fees	280	-
Independent examiner's fee	960	-
	<hr/>	<hr/>
	1,240	-
	<hr/>	<hr/>
Total resources expended	15,854	484
	<hr/>	<hr/>
Net income	<u>33,989</u>	<u>1,377</u>

This page does not form part of the statutory financial statements

ADHD UK

England & Wales - Charity number 1188365

Accounts



214 China Works, 100 Black Prince Road, London. SE1 7SJ
020 3389 7251 | www.adhduk.co.uk | Charity Number: 1188365

ANNUAL REPORT AND ACCOUNTS

FOR ADHD UK

Charity Number: 1188365

31 December 2020

Note: The charity was formally founded on 5th March 2020 with a financial year end of 31st Dec. These accounts therefore cover a partial year of 5/03/2020 – 31/12/2020



214 China Works, 100 Black Prince Road, London. SE1 7SJ
020 3389 7251 | www.adhduk.co.uk | Charity Number: 1188365

ADHD UK ACCOUNTS 31 DECEMBER 2020

Charity Number: 1188365
Covering the period: 5/03/2020 – 31/12/2020

INCOME AND SPENDING

	5/03/2020 – 31/12/2020
Income (All unrestricted)	£1861.53
Spending	£484.34

BALANCE SHEET

	At 31/12/2020
Current Assets	£1377.19
Long Term Assets	£0
Short Term Liabilities	£0
Long Term Liabilities	£0
Total Funds	£1377.19

Note: There is no prior year information as this was the first year of operations.



214 China Works, 100 Black Prince Road, London. SE1 7SJ
020 3389 7251 | www.adhduk.co.uk | Charity Number: 1188365

TRUSTEES ANNUAL REPORT

The Trustees present their report with the unaudited financial statements of the charity for the year ended 31 December 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No.:

1188365

Principal Office:

214 China Works, 100 Black Prince Road, London. SE1 7S7

Trustees:

The following Trustees served during the year:

M.Davie
H. Shelford

Bankers:

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

Objectives and Activities

ADHD UK has five main goals:

1. **Information:** Providing accurate, pertinent, quality information for people with ADHD, their carers and medical professionals
2. **Support:** Providing emotional and informational support for people with ADHD and their carers via telephone, email, social media and support groups.



214 China Works, 100 Black Prince Road, London. SE1 7SJ
020 3389 7251 | www.adhduk.co.uk | Charity Number: 1188365

3. **Research:** Undertaking or funding research that will have a meaningful positive impact on those affected by ADHD
4. **Advocacy:** Advocating for those with ADHD within Employment, Education, Government and Healthcare.
5. **Awareness:** Raising awareness and understanding. Changing perceptions to remove any stigma and discrimination of those with ADHD.

Achievements and Performance

The period being reported on represents the period in which the charity was being founded and foundation work done. The period also included the start of the Covid pandemic which made progress a more challenging than planned for – however, the foundations built have been strong and overall Trustees are pleased with the position of the charity.

Financial Review

The charity did not undertake serious fundraising or activity expenditure in this period. Overall income was £1861.53 and spending was £484.34. The charity has no liabilities and liquid assets (cash in bank) of £1377.19.

Plans for the future

The charity intends to grow its fundraising capability and, as it has the financial resources to do so, to increase its work in line with the objectives and activities previously outlined.

Structure, Governance and Management

SarcoidosisUK is a registered charity, number 1188365 and is constituted under a CIO recognized by the Charity Commission on the 5th March 2020.

Trustee Appointment

Trustees are appointed by trustee vote. All trustees are personally affected by ADHD. The board of trustees regularly reviews the skills and experience of members to ensure that, as the legal and operational backbone of the charity, the board is as strong as possible.



214 China Works, 100 Black Prince Road, London. SE1 7SJ
020 3389 7251 | www.adhduk.co.uk | Charity Number: 1188365

Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees

Henry Shelford

Chairperson of Trustees.

31 October 2021