

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.

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

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
		<hr/>	<hr/>
		15,322	35,636
CREDITORS			
Amounts falling due within one year	13	(4,603)	(1,378)
		<hr/>	<hr/>
NET CURRENT ASSETS		10,719	34,258
		<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		17,126	35,366
		<hr/>	<hr/>
NET ASSETS		17,126	35,366
		<hr/>	<hr/>
FUNDS	14		
Unrestricted funds		17,126	35,366
		<hr/>	<hr/>
TOTAL FUNDS		17,126	35,366
		<hr/>	<hr/>

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

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

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	<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> </u>	<u> </u>	<u> </u>
At 31st December 2022	3,004	5,405	8,409
	<u> </u>	<u> </u>	<u> </u>
DEPRECIATION			
At 1st January 2022	4	86	90
Charge for year	970	942	1,912
	<u> </u>	<u> </u>	<u> </u>
At 31st December 2022	974	1,028	2,002
	<u> </u>	<u> </u>	<u> </u>
NET BOOK VALUE			
At 31st December 2022	2,030	4,377	6,407
	<u> </u>	<u> </u>	<u> </u>
At 31st December 2021	140	968	1,108
	<u> </u>	<u> </u>	<u> </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

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/> 51,927	<hr/> 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/> 4,717	<hr/> -
Governance costs		
Bookkeeping fees	400	280
Independent examiner's fee	1,200	960
	<hr/> 1,600	<hr/> 1,240
Total resources expended	<hr/> 140,636	<hr/> 15,854
Net (expenditure)/income	<hr/> (18,240)	<hr/> 33,989