

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

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for the Year Ended 31st December 2024

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

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.

**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

		31.12.24 Unrestricted fund £	31.12.23 Total funds £
	Notes		
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	2	152,338	245,558
Other trading activities	3	23,970	6,041
Investment income	4	28	64
<b>Total</b>		<u>176,336</u>	<u>251,663</u>
<b>EXPENDITURE ON</b>			
Raising funds	5	37,119	64,153
<b>Charitable activities</b>	6		
Raising funds from donations and legacies		-	8
Educational activities		75	3,998
Support costs		16,865	17,138
Coaching sessions		8,358	9,618
Other	8	140,315	133,842
<b>Total</b>		<u>202,732</u>	<u>228,757</u>
<b>NET INCOME/(EXPENDITURE)</b>		(26,396)	22,906
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		40,032	17,126
<b>TOTAL FUNDS CARRIED FORWARD</b>		<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 £
	Notes		
<b>FIXED ASSETS</b>			
Tangible assets	10	2,643	4,510
<b>CURRENT ASSETS</b>			
Stocks	11	430	423
Debtors	12	-	5,370
Cash at bank		13,468	31,602
		<hr/>	<hr/>
		13,898	37,395
<b>CREDITORS</b>			
Amounts falling due within one year	13	(2,905)	(1,873)
		<hr/>	<hr/>
<b>NET CURRENT ASSETS</b>		10,993	35,522
		<hr/>	<hr/>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		13,636	40,032
		<hr/>	<hr/>
<b>NET ASSETS</b>		13,636	40,032
		<hr/>	<hr/>
<b>FUNDS</b>	14		
Unrestricted funds		13,636	40,032
		<hr/>	<hr/>
<b>TOTAL FUNDS</b>		13,636	40,032
		<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

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

**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 £
<b>COST</b>			
At 1st January 2024 and 31st December 2024	<u>3,004</u>	<u>5,640</u>	<u>8,644</u>
<b>DEPRECIATION</b>			
At 1st January 2024	1,975	2,159	4,134
Charge for year	<u>997</u>	<u>870</u>	<u>1,867</u>
At 31st December 2024	<u>2,972</u>	<u>3,029</u>	<u>6,001</u>
<b>NET BOOK VALUE</b>			
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>          </u>	<u>          </u>

**12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.12.24	31.12.23
	£	£
Other debtors	-	5,370
	<u>          </u>	<u>          </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>          </u>	<u>          </u>
	<u>2,905</u>	<u>1,873</u>

**14. MOVEMENT IN FUNDS**

	At 1.1.24	Net movement	At
	£	in funds	31.12.24
		£	£
<b>Unrestricted funds</b>			
General fund	40,032	(26,396)	13,636
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<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
	£	£	£
<b>Unrestricted funds</b>			
General fund	176,336	(202,732)	(26,396)
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	17,126	22,906	40,032
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	251,663	(228,757)	22,906
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	17,126	(3,490)	13,636
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	427,999	(431,489)	(3,490)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	152,338	241,241
Gift aid	-	4,317
	<hr/>	<hr/>
	152,338	245,558
<b>Other trading activities</b>		
Shop income	23,970	6,041
<b>Investment income</b>		
Deposit account interest	28	64
	<hr/>	<hr/>
<b>Total incoming resources</b>	176,336	251,663
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
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
<b>Other trading activities</b>		
Purchases	-	97
<b>Charitable activities</b>		
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

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

	31.12.24 £	31.12.23 £
<b>Charitable activities</b>		
<b>Other</b>		
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/> 135,391	<hr/> 128,794
<b>Support costs</b>		
<b>Other</b>		
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/> 3,111	<hr/> 3,080
<b>Governance costs</b>		
Bookkeeping fees	-	422
Independent examiner's fee	1,813	1,546
	<hr/> 1,813	<hr/> 1,968
Total resources expended	<hr/> 202,732	<hr/> 228,757
<b>Net (expenditure)/income</b>	<hr/> (26,396)	<hr/> 22,906