



## **Annual Report and Financial Statements**

**ADHD Embrace**

(formerly ADHD Richmond and Kingston)

**Charity Number 1188759**

**For the year ended 31 March 2021**

## Key information

**Legal status** Charitable Incorporated Organisation  
Charity Number 1188759 (England & Wales)

**Registered address** 88 Wyatt Drive  
London  
SW13 8AB

**Trustees** Annette Wilson (Chair)  
Dhavarajh Frank (Treasurer)  
Clare Mullane (Secretary)  
Iain Reid  
Miranda Lewis  
Anthony Hewitt

**Independent Examiner** Debby Metcalf FCA

**Bank** HSBC UK Bank Plc  
Kingston Branch  
90 Eden Street  
Kingston Upon Thames  
KT1 1DJ

**Website & social media**  <https://adhdembrace.org/>

 @AdhdEmbrace

 @AdhdEmbraceUK

## **Chair's statement**

It is with great pleasure that I present this Chairman's report in our first year as a registered charity. Having operated as a voluntary organisation for over 18 years, our strategic review in 2019 resulted in us concluding that we needed to transition from an informal voluntary group to a more formalised structure in order to make the organisation sustainable in the longer term and to support increasing demand for our offering.

Since becoming a charity in March 2020 we have had an extremely busy twelve months both from a service provision perspective and organisationally. An enormous amount has been achieved, even in the face of a global pandemic. We have also recently rebranded from ADHD Richmond and Kingston to ADHD Embrace to reflect the essence of our community, where parents and professionals collectively support young people with ADHD.

### **Covid 19 impact on our ADHD community**

We have found that there was more demand for our services than ever before as families with children and teens with ADHD found the Covid 19 pandemic extremely challenging. The most difficult time was during lockdown when parents were home-schooling their children and also had to deal with the challenges of working from home. Some families also faced challenges with their physical health, mental health and financially. Being acutely aware of the pressure that the pandemic will place on parents and professionals, we recognised we needed to ensure that our service provision should continue uninterrupted and as a result we moved to a virtual service offering immediately in March 2020 thanks to technology.

### **Service provision**

We saw a significant increase in the demand for our services throughout the period including throughout lockdown. In many of our events, participation levels almost doubled indicating the significant need for our growing ADHD community to be supported.

We continued to take a collaborative approach to working with other charities and support groups in the area by promoting the services they provide and also working closely with them to ensure we do not duplicate what they provide. Thereby ensuring that our families can access a wide range of services and support that is on offer for them.

We also continued to be active on the advocacy side of our work and during lockdown identified areas where education and healthcare statutory service provision did not take account of the significant needs of our community. We are proactive in putting forward solutions in order to help address shortcomings and to work towards being in a better place.

### **Organisational developments**

In the reporting period, we saw a step change in the organisation. Having registered as a charity, it opened doors to us in terms of accessing our first grant funding. With this funding secured, we were able to hire our first member of staff in May 2020 for the role of part-time Operation Manager and then embarked on starting to building the infrastructure, broadening the team, developing policies and procedures and building a new IT infrastructure.

Work on our digital platform continues and we look forward to seeing the benefits of having an integrated database and all data held on one platform.

We recruited three new Trustees all experienced individuals and with complimentary skillsets to ensure we have an experienced and diversified Board. We also are extremely fortunate that all our Trustees are very hands-on in terms of contributing time in supporting the different aspects of the Charity. Similarly, all the Trustees have first-hand experience of ADHD or associated neuro conditions and therefore understand the challenges faced by in young people with ADHD and their families.

We were delighted to continue to receive the support from our many volunteers in our ADHD community and also were able to broaden the mix of volunteers and also recruit volunteers from the wider community. In the reporting period, volunteers contributed 91 hours per week (2.27 FTE) which significantly supported the work of our two part-time employees' hours averaging 23 hours per week (0.584 FTE).

### **Funding sources**

We were very pleased to receive continued funding from the CCG in Richmond and Kingston for the family support work we do. We were extremely grateful to RPLC who awarded us our first grant to support our strategy of building the organisation to ensure our long-term sustainability. We also were delighted when Hampton Fund, The Barnes Fund and the Garfield Weston Foundation also endorsed this strategy and provided us with further core funding, which enabled us to expand the team.

We also further broadened our funding base by generating our own funds and also benefitted from retail funding platforms such as the Coop, Waitrose, easyfundraising, Smile Amazon and Get Lucky Lottery. We also continued to get donations directly and as a charity we have the added benefit of also being able to claim gift aid on qualifying donations. Our aim is to continue to diversify our sources of funding.

### **Plans for next financial year and beyond**

We have entered the new financial year and in-line with plans to increase our funding, have already secured more money to support our work. We are seeking to further expand our team, also get office space and continue work on further developing and enhancing our infrastructure. Finally, we will also start planning our 20th anniversary celebrations for 2022.

Our ambitions for extending and broadening our offering next year and beyond include the following:

- offering more workshops for parents
- delivering teacher training and greater engagement with schools
- deepening our community outreach to heighten awareness of ADHD as a condition and broadening the promotion of our offering
- holding workshops for children and teenagers with ADHD who often feel isolated and overwhelmed by their challenges

The plans for the extension of our offering will be subject to securing funding for such expanded services.

In closing, I want to add that I am really delighted that we have continued to be a thriving ADHD support community and feel we have made tremendous progress in the year under review. I could not be prouder of what has been achieved not only on the importance of our work in our service provision but also in terms of successfully transitioning to being a charity. I want to extend my sincere thanks to the whole team of our dedicated staff and volunteers, where contributions made were above and beyond. We look forward to building on what we have achieved and further supporting the growing demand for our services.

Annette Wilson  
Chair

## Report of the Trustees

### 1. Mission and principal activities

The mission of ADHD Embrace is to be a support community for parents and professionals living and working with young people with attention deficit and hyperactivity disorder ("ADHD") by:

- providing information, **knowledge** and practical support to parents, carers and professionals
- raising **awareness** of ADHD amongst the general public, local schools, local healthcare groups and in the local community as well at government level
- **empowering** those with ADHD and their families through provision of knowledge and practical support
- using any such charitable means as the trustees shall from time to time deem fit with a view to **improving the lives of children and young people with ADHD and those of their families.**

ADHD Embrace offering is provided to the wider public and for the benefit of the public and everybody is welcomed. This is in-line with the Charity Commission's public benefit guidance. Most of our service offering is free or hugely discounted and in cases of those in financial hardship access is granted by provision of assisted places.

### 2. Legal structure

ADHD Richmond and Kingston registered as a charity on 25 March 2020. Since its registration it has subsequently rebranded and now operates under its new name, ADHD Embrace. The history of the activities of the group goes back to 2002 when it was established as a voluntary organisation and in recent years was run as an Unincorporated Association. Following the registration of the charity, ADHD Richmond and Kingston, the Unincorporated Association, was dissolved and its name and net assets and liabilities were transferred to the newly registered charity.

The key governance document is the Constitution that was adopted on 25 March 2020 at incorporation and was amended on 26 July 2021 to reflect its name change.

### 3. Management and governance

#### 3.1 Trustees who served during the reporting period

The following Trustees served on the Board of Trustees during the reporting period:

Chair	Annette Wilson (appointed 25 March 2020)
Treasurer (note below)	Dhavarajh Frank (appointed 1 March 2021) Paul O'Kane (appointed 4 August 2020, resigned 2 October 2020)
Secretary	Clare Mullane (appointed 25 March 2020)
Other Trustees	Iain Reid (appointed 25 March 2020) – (note below) Jonathan Rourke (appointed 25 March 2020, resigned 19 August 2020) Miranda Lewis (appointed 7 October 2020) Tim Cooper (appointed 1 November 2020, resigned 13 December 2021) Anthony Hewitt (appointed 13 December 2021)

## Report of the Trustees (continued)

The Board of Trustees typically meets monthly and in the reporting period eleven meetings were held.

Note: Iain Reid served as the initial Treasurer at the time of incorporation until when Paul O’Kane joined as a new Treasurer. In October 2020 Paul O’Kane stepped down as Treasurer due to a change in personal circumstances and as a result Iain resumed the Treasurer role until the appointment of Dhavarajh Frank in March 2021.

### 3.2 Appointment of Trustees

ADHD Embrace Trustees are either representative of its ADHD community, which comprises parents, professionals and other related individuals, and / or are people with skills, knowledge and experience necessary to run an effective registered charitable organisation. In recruiting for Trustees, ADHD Embrace advertises the Trustee’ vacancies to its community through its fortnightly newsletter and also advertises these roles to the wider community through various voluntary sector recruitment platforms.

The current Trustees and staff of ADHD Embrace all have children with ADHD or associated neuro developmental conditions.

### 3.3 Employees, volunteers and organisational build

During the reporting period ADHD Embrace appointed its first two part-time employees as part of its vision to transition from a voluntary group to an organisation that is sustainable longer term. The staff were supported by some core volunteers of approximately 20 people, without whom the organisation would not be able to achieve what it does.

The Trustees also recognised that they needed to put an infrastructure in place to support the Charity’s work and that is scalable in order to support the growing demand for its services. The main focus on the infrastructure build was in relation to its digital platform where it needed to implement a totally new approach to the selection of outdated platforms previously used in order to make its digital platform much more efficient operationally and more accessible for its ADHD community. The work carried out on the new digital platform included:

- Enhanced newsletter format and content making it much more interactive and the content more accessible
- Significantly enhanced webinar recordings to build a strong digital library of highly relevant topics
- Developed a new booking system for its community to join its events and also developed an integrated database
- Implemented cloud-based accounting package.

### 3.4 Operational policies and procedures

ADHD Embrace has put in place policies and procedures to ensure the charity is run in a structured and efficient way and also to mitigate key risks. The policies include a Safeguarding Policy. All the key policies and procedures are reviewed and approved by the Board of Trustees.

### 3.5 Financial management and reserves policy

ADHD Embrace applies strong financial management in order to ensure that the charity has sufficient resources to meet its liabilities and that its funds are managed prudently and spent to support the work as set out in its mission statement. The annual budget and management accounts are presented to the Board of Trustees to ensure sound financial governance.

## Report of the Trustees (continued)

The Charity implemented a reserve policy in the period under review. The reserve policy requires that it should hold unrestricted reserves that equate to a minimum of three months average expenditure. As a new charity at the time the policy was adopted, it did not have this level of unrestricted reserves but it is pleased to report that it has been built up reserves over the reporting period to meet its reserve policy.

Unrestricted reserves as at 31 March 2021 were £11,048 (2020: £2,635). Restricted reserves committed to specific projects as at 31 March 2021 were £5,298 (2020: £315).

### **4. Funding overview and going concern**

ADHD Embrace secured funding to support its vision to start building the charity infrastructure to ensure it is sustainable in the longer term. In the period under review its income came from the following:

47% from grant funders

28% from the NHS for commissioned work

17% from donations and retailer platforms

8% from our service activities.

Looking ahead, the Trustees will continue to focus on community fundraising efforts and in particular corporate sponsorship and support. The Trustees will continue to seek opportunities to strengthen the Charity's financial position with a particular focus on strengthening its unrestricted reserve position.

In view of the broad sources of funding the Charity uses and considering its review of future funding, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Charity has adopted the going concern basis in the preparation of its the financial statements for the period under review.

### **5. Overview of ADHD Embrace's core activities**

The Charity's service offering included the following:

#### **5.1 Information seminars**

Twice monthly seminars are held for its ADHD community. Experts are invited to speak on a wide range of topics related to ADHD as a condition and to share their knowledge with the Charity's ADHD community. The seminars typically run for 90 minutes and comprise a seminar running for 45- 60 minutes and then followed by time for Q&A with our speaker.

#### **5.2 Parent workshops**

A number of parent workshops are held. One of the key workshops in its service offering is its Post Diagnosis Workshops, which are offered to parents for newly diagnosed young people. This workshop for parents helps them better understand the condition and is full of essential information about ADHD, treatments, and how schools and local organisations can support your child, while meeting other parents and carers in a similar position.

#### **5.3 One-to-one advice clinics**

Richmond and Kingston families are able to access advice clinic sessions comprising an hour session at a time. In the sessions it is an opportunity to meet with the Charity's Family Support Lead and to discuss a specific issue relating to the family with a child with ADHD. An advice clinic session can be for parents only or the child only or a combined parent and child session.

## Report of the Trustees (continued)

### **5.4 Meet-ups**

Regular Meet-ups are held for the Charity's community and which are hosted by one of its representatives with direct experience of ADHD. The Meet-ups are an opportunity to meet other parents in a friendly and informal environment and allow parents to share experiences with other parents and feel part of a community.

### **5.5 Fortnightly newsletter**

The fortnightly newsletter has been carefully designed to provide advice, activity ideas and essential resources for professionals and families who work and live with children and teens with ADHD. It covers updates on what is happening in the ADHD Embrace community, supportive advice including tips and strategies, upcoming events including workshops and seminars and what other organisations elsewhere in the voluntary sector are doing.

### **5.6 Parents Closed Facebook Forum**

ADHD Embrace has a Closed Facebook Forum for Parents. It is a place where parents can exchange ideas with other parents and also ask for input or advice from other parents. Being a parent of a young person with ADHD can be very challenging and parents often feel very alone and isolated. By creating a community to share experiences is comforting. It is also reassuring for parents that others are facing similar issues to what they experience.

### **5.7 Information provision**

There are a number of channels the Charity uses for information provision. ADHD Embrace has an extensive website that has a vast amount of information about ADHD, the diagnostic pathways, its treatments, educational, legal and funding and much more. It also has an ADHD Handbook, which serves as a useful reference manual for accessing the services of local agencies and other support groups. In addition, it has an extensive library of recordings covering a wide variety of topics relating to ADHD.

### **5.8 Advocacy**

The reality of life for children and young people with ADHD is that life is extremely challenging. Early diagnosis and intervention can make a huge difference to the individuals but they also need to be supported by the communities in which they live (especially by parents and teachers). As a result, one of The Charity's core activities is to be proactive in raising of awareness of ADHD amongst the general public, local schools, the local education and local healthcare services as well and as at national government level. Ultimately, its aim is to connect with all the stakeholders that can positively influence the lives of children and teens with ADHD.

## **6. Service provision in the period under review**

Participation levels in most of our events almost doubled indicating the significant need there was for people to be supported. The next page shows a summary of the participation in ADHD Embrace's events and other service offering together with comparative figures for the preceding twelve-month period, when it was still operating as an Unincorporated Association.



## Report of the Trustees (continued)

	Apr 2020 - Mar 2021	Previous year
1. Information seminars (twice monthly)	761 participants	371 participants
2. Parent workshops	103 participants	67 participants
3. One-to-one advice clinics	157 Richmond 138 Kingston	113 Richmond 35 Kingston
4. Virtual Meet ups / coffee mornings	10 events	9 events
5. Fortnightly Newsletter recipients	849 recipients	751 recipients
6. Website unique users	17,641 users with 34,569 views	9,375 users with 20,971 views


In addition to the service provision to families and professionals, ADHD Embrace also continued with its advocacy work, where it proactively engaged with decision-makers on education and healthcare matters. The Charity raises awareness of issues faced by its ADHD community and work to put forward recommendations as to how to improve and enhance matters for its community. The agenda for these discussions are always driven by learnings from the feedback it gets from families and professionals.

The following table highlights some of the issues raised:

### Advocacy agenda: Driven by learnings from families and professionals

- CV19 and lockdown restrictions impact
  - Physical health issues,
  - Financial hardships / job losses or significant uncertainties
  - Mental health increase in stress, anxiety, suicide, etc
- Home-schooling/lockdown
  - Deteriorating behaviour of children and especially teens with ADHD
  - Varying levels of engagement by school or lack of reasonable adjustment on work
  - Many children with ADHD falling further behind peers
- Health and SEND education services under pressure
  - Diagnosis waiting times delayed (+10 mnths) – now substantially improved
  - EHCPs and annual reviews delayed

The Trustees' Annual Report was approved by the Board of Trustees on 27 January 2022 and is signed on its behalf by:



Annette Wilson  
Chair

## Independent Examiner's Report to the Trustees of ADHD Embrace

I report to the Trustees on my examination of the Financial Statements of ADHD Embrace (the Charity) for the year ended 31 March 2021.

### Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the Financial Statements in accordance with the requirements of the Charities Act 2011 ('the Act').

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

### Independent Examiner's statement

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

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the Financial Statements do not accord with those records; or
- the Financial Statements do not comply with the applicable requirements concerning the form and content of Financial Statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the Financial Statements 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 Financial Statements to be reached.

Signed:



Date: 28 January 2022

Debby Metcalf FCA  
22 Trowlock Ave  
Teddington  
TW11 9QT

## ADHD Embrace

### Statement of Financial Activities

For the year ended 31 March 2021

		2021	2021	2021	2020	2020	2020
	Notes	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted	Total funds
		£	£	£	£		£
<b>Income</b>							
Donations	2,3	14,541	17,571	32,112	4,317	399	4,716
Charitable activities	4	3,928	13,750	17,678	586	8,000	8,586
Sale of equipment		-	-	-	403	-	403
Investment income	5	2	-	2	7	-	7
<b>Total income</b>		<b>18,471</b>	<b>31,321</b>	<b>49,792</b>	<b>5,313</b>	<b>8,399</b>	<b>13,712</b>
<b>Expenditure</b>							
Staff costs	6	8,140	9,640	17,780	-	-	-
Service providers & related costs		647	13,628	14,275	239	8,000	8,239
IT platform development		225	2,805	3,030	-	-	-
Printing, stationery & equipment		50	-	50	835	-	835
Premises & room hire	3	-	-	-	2,250	-	2,250
Fundraising	3,7	-	-	-	150	-	150
Conferences		-	-	-	330	-	330
IT & communications		131	265	396	158	84	242
Governance	8	865	-	865	-	-	-
Sale of equipment		-	-	-	20	-	20
<b>Total expenditure</b>		<b>10,058</b>	<b>26,338</b>	<b>36,396</b>	<b>3,982</b>	<b>8,084</b>	<b>12,066</b>
<b>Net movement in funds</b>		<b>8,413</b>	<b>4,983</b>	<b>13,396</b>	<b>1,331</b>	<b>315</b>	<b>1,646</b>
Total funds brought forward		2,635	315	2,950	1,304	-	1,304
<b>Total funds carried forward</b>	14	<b>11,048</b>	<b>5,298</b>	<b>16,346</b>	<b>2,635</b>	<b>315</b>	<b>2,950</b>

The Statement of Financial Activities includes all gains and losses in the year. All of the above results are derived from continuing activities.

**ADHD Embrace**  
Annual Report and Financial Statements for the year ended 31 March 2021

## ADHD Embrace

### Balance Sheet

As at 31 March 2021

	Notes	2021 Total funds £	2020 Total funds £
<b>Current assets</b>			
Debtors	10	5,276	-
Cash at bank and in hand		39,821	12,771
Total current assets		45,097	12,771
<b>Creditors falling due within one year</b>	11	(28,751)	(9,821)
<b>Net current assets</b>		16,346	2,950
<b>Funds of the Charity</b>			
Restricted reserves	13, 14	5,298	315
Unrestricted reserves	13, 14	11,048	2,635
<b>Total funds</b>		16,346	2,950

The Financial Statements on pages 11 to 17 were approved by the Board of Trustees on 27 January 2022 and are signed on their behalf by:



Annette Wilson  
Chair



Dhavarajh Frank  
Treasurer

## Notes to the financial statements

### 1. Accounting policies

#### 1.1 Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with 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) - ("the SORP") and the Financial Reporting Standard applicable in the UK and Republic of Ireland ("FRS 102"). The accounts comply with the Charities Act 2011 and are prepared on a going concern basis.

The Charity has taken advantage of section 4.6 of the SORP to report the Charity's expenditure in accordance with the purpose for which it was incurred rather than on an activity basis

The Charity has taken advantage of the disclosure exemption with regards to the requirements of section 7 Statement of Cash Flows in preparing these financial statements, as permitted by FRS 102.

#### 1.2 Merger accounting

Previously ADHD Embrace operated as a voluntary group as an Unincorporated Association under the name of ADHD Richmond and Kingston. On 25 March 2020 a Charitable Incorporated Organisation ("CIO") was established with a view to take over the activities, net assets and the trading name of ADHD Richmond and Kingston. The Unincorporated Association was dissolved on 1 April 2020 and transferred its net assets and name to the newly established CIO named ADHD Richmond and Kingston (which subsequently changed its name to ADHD Embrace).

The Charity has taken advantage of section 27 of the SORP to prepare merger accounts to reflect the fact that there has been no change in the purpose of the restructured organisation or of its beneficiaries.

The financial statements for the year ended 31 March 2020 relate fully to the activities of the Unincorporated Association and those for the year ended 31 March 2021 relate fully to the CIO, ADHD Embrace.

The net assets transferred by the Unincorporated Association on 1 April 2020 were as follows:

	Unrestricted funds £	Restricted funds £	Total funds £
Cash at bank and in hand	12,456	315	12,771
Less: Creditors: deferred income	- 9,821	-	- 9,821
Total funds transferred	2,635	315	2,950

The 31 March 2020 comparatives have been restated in order to ensure the results are included in a manner consistent with the accounting policies adopted in the 2021 financial statements.

#### 1.3 Revenue recognition

Income is included in the Statement of Financial Activities once ADHD Embrace becomes legally entitled to it, the amount can be quantified with reasonable accuracy and once any performance criteria has been met.

## Notes to the financial statements (continued)

### 1.3 Revenue recognition (continued)

Donations in kind are included under donations based on estimates of the value of goods and services received or in the case of donations in kind for use at events (e.g. auction prizes) are recognised at the amount realised from their sale. No amounts are included for services donated by volunteers in accordance with the SORP. The Trustees' Report gives more information about volunteers' contributions.

### 1.4 Expenses

All expenditure is accounted for on an accruals basis once costs have been incurred. Accruals for unpaid expenses relating to the reporting period are based on best estimates of amounts due.

### 1.5 Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or raised by the Charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

### 1.6 Public benefit

The Charity meets the definition of a public benefit entity under FRS 102.

### 1.7 Taxation

ADHD Embrace is a Registered Charity and meets the exemption criteria from taxation under the Income and Corporation Taxes Act. No taxation therefore arises.

### 1.7 Irrecoverable VAT

The Charity is not registered for VAT and therefore does not recover VAT on costs incurred. Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

### 1.8 Debtors

Debtors include amounts owed to the Charity as at the period end for the provision of goods and services before the period end or amounts the Charity has paid in advance for the goods and services it will receive. Debtors and prepayments are normally recognised at their settlement amount after allowing for any trade discounts due.

### 1.9 Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

## Notes to the financial statements (continued)

### 1.10 Creditors and provisions

Creditors and provisions include amounts owing by the Charity as at the period end for goods and services received before the period end. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due. Creditors also include funds received in advance of the period for which they have been given.

### 2. Donations

	2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Unrestricted £	2020 Restricted £	2020 Total £
Grants from Charitable Trusts	13,821	10,000	23,821	-	-	-
Donations from corporates	333	7,571	7,904	-	-	-
Donations individuals & funding platforms	387	-	387	1,917	399	2,316
Donations in kind (note 3)	-	-	-	2,400	-	2,400
Total donations	14,541	17,571	32,112	4,317	399	4,716

### 3. Donations in kind

There were no donations in kind during the year ending 31 March 2021.

In the previous year, local organisations offered their premises on a pro bono basis for the Charity to running its Seminars and Post Diagnosis Workshops and also a local business hosted a coffee morning for the Charity providing refreshments free of charge and to support a fundraising appeal. The Charity estimates the value of the room usage amounted to £2,250 equating to the cost should it had hired the space and the value of the refreshments were £150. The total value of the donations in kind have been included in the financial statements under donations with the equivalent costs being allocated to premises & room hire and fundraising costs respectively.

### 4. Income from charitable activities

	2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Unrestricted £	2020 Restricted £	2020 Total £
Income from commissioned work	-	13,750	13,750	-	8,000	8,000
Income from seminars and workshops	3,928	-	3,928	586	-	586
Total income from charitable activities	3,928	13,750	17,678	586	8,000	8,586

### 5. Investment income

Investment income reflects interest earned from the bank.

### 6. Staff costs

	2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Unrestricted £	2020 Restricted £	2020 Total £
Salaries	7,823	9,640	17,463	-	-	-
Pension costs: defined contribution	317	-	317	-	-	-
Total staff costs	8,140	9,640	17,780	-	-	-

## Notes to the financial statements (continued)

### 6. Staff costs (continued)

The Charity employed two part-time members of staff during the year. The average head count in the year was 1.25 staff (2020: nil) and the average number of full-time equivalent employees was 0.58 (2020: nil). No member of staff was paid more than £60,000 per annum in this or the preceding year.

### 7. Fundraising activities expenses

In the year ending 31 March 2021 all fundraising activities were undertaken by volunteers and therefore did not incur a cost. In the previous year, the Charity received a donation in kind for refreshments for a fundraising appeal and as a result the value thereof relates to fundraising. Refer to note 3 above.

### 8. Governance costs

	2021 Unrestricted	2021 Restricted	2021 Total	2020 Unrestricted	2020 Restricted	2020 Total
	£	£	£	£	£	£
Independent examiner fees	750	-	750	-	-	-
Insurance	115	-	115	-	-	-
Total governance costs	865	-	865	-	-	-

The Charity did not incur any salary costs relating to the governance and management of the organisation as this role was carried out by the Trustees under the leadership of the Chair. Trustees are not paid for their services and perform any work for the Charity on a pro bono basis. No expenses were paid to Trustees in either period.

### 9. Related party transactions

There were no transactions in either period with Trustees that require disclosure.

### 10. Debtors: amounts falling due within one year

	2021 Unrestricted	2021 Restricted	2021 Total	2020 Unrestricted	2020 Restricted	2020 Total
	£	£	£	£	£	£
Trade debtors	-	5,250	5,250	-	-	-
Prepayments & accrued income	26	-	26	-	-	-
	26	5,250	5,276	-	-	-

### 11. Creditors: amounts falling due within one year

	2021 Unrestricted	2021 Restricted	2021 Total	2020 Unrestricted	2020 Restricted	2020 Total
	£	£	£	£	£	£
Trade creditors	26	4,500	4,526	-	-	-
PAYE and social costs payable	78	-	78	-	-	-
Accruals	3,911	540	4,451	-	-	-
Deferred income (note 12)	19,696	-	19,696	9,821	-	9,821
	23,711	5,040	28,751	9,821	-	9,821



## Notes to the financial statements (continued)

### 12. Creditors: deferred income

	2021 Total £	2020 Total £
Balance at beginning of year	9,821	8,000
Amount released to income in the year	- 9,821	-8,000
Amount deferred in the year	19,696	9,821
Balance at end of the year	19,696	9,821

Deferred income comprises grants received in the year which can only be utilised in future periods.

### 13. Analysis of net assets between funds

	2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Unrestricted £	2020 Restricted £	2020 Total £
Total current assets	34,759	10,338	45,097	12,456	315	12,771
Less: Creditors falling due within one year	-23,711	-5,040	-28,751	-9,821	-	-9,821
Net current assets	11,048	5,298	16,346	2,635	315	2,950

### 14. Analysis of net movement in funds

Current year funds movement	Funds at 1 Apr 20 £	Income £	Expenditure £	Funds at 31 Mar 21 £
<b>Unrestricted funds</b>	2,635	18,471	10,058	11,048
<b>Restricted funds</b>				
Hampton Fund: Staff costs	-	10,000	7,500	2,500
NHS: Post diagnosis workshops & 1-2-1 clinics	-	13,750	13,750	-
Coop: Digital infrastructure	-	7,571	4,773	2,798
Website development appeal	315		315	-
Total restricted funds	315	31,321	26,338	5,298
<b>Total funds current year</b>	2,950	49,792	36,396	16,346

Previous year funds movement	Funds at 1 Apr 19 £	Income £	Expenditure £	Funds at 31 Mar 20 £
<b>Unrestricted funds</b>	1,304	5,313	3,982	2,635
<b>Restricted funds</b>				
NHS: Post diagnosis workshops & 1-2-1 clinics	-	8,000	8,000	-
Website development appeal	-	399	84	315
Total restricted funds	-	8,399	8,084	315
<b>Total funds previous year</b>	1,304	13,712	12,066	2,950

### 15. Post balance sheet events

On 27 July 2021 ADHD Richmond and Kingston changed its name to ADHD Embrace.