

Reporting period:
19 November 2021 to 5 April 2023

ADHD Aware

**"The peer support group has helped me to live positively with ADHD.
The group helped me to understand me."**

Trustees' Annual Report for the period 19 November
2021 to 5 April 2023

Charity name: ADHD Aware

Charity registration number: 1196688

Reporting period:
19 November 2021 to 5 April 2023

We would like to sincerely thank all of our volunteers, partners and supporters for helping us to serve our community of adults impacted by ADHD since our inception as a charity.

Reporting period:
19 November 2021 to 5 April 2023

Table of Contents

Trustees' Annual Report for the period 19 November 2021 to 5 April 2023	1
Objectives and Activities	5
Summary of the purposes of the charity as set out in its governing document	5
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	5
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	7
Policy on grant making	7
Policy on social investment including program related investment	7
Contribution made by volunteers	7
Achievements and Performance	8
Additional Information	9
Achievements against objectives set	9
Internal activities delivered in this period included:	9
External activities delivered in this period included:	9
Details of activities undertaken in this period	10
Performance of fundraising activities against objectives set	11
Financial Review	12
Accounts 19 th November 2021 to 5 th April 2023	12
Interim Treasurer: Katie Hudson	12
Statement explaining the policy for holding reserves stating why they are held	16
Amount of reserves held	16
Current reserves status	16
Details of fund materially in deficit	17
Explanation of any uncertainties about the charity continuing as a going concern	17
Additional Information	17
The charity's principal sources of funds (including any fundraising)	17
Investment policy and objectives including any social investment policy adopted	17
A description of the principal risks facing the charity	18

Reporting period:
19 November 2021 to 5 April 2023

Structure, Governance, and Management	19
Type of governing document	19
How is the charity constituted?	19
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	19
Policies and procedures adopted for the induction and training of trustees	20
The charity's organisational structure and any wider network with which the charity works	20
Relationship with any related parties	21
Reference and Administrative Details	21
Names of the Trustees who manage the charity	22
Funds held as custodian Trustees on behalf of others	22
Description of the assets held in this capacity	22
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	22
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	23
Names and addresses of advisers	23
Exemptions from disclosure	23
Reason for non-disclosure of key personnel details	23
Declarations	24

Reporting period:
19 November 2021 to 5 April 2023

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

Our objective is the relief of adults nationally, (particularly but not exclusively in Brighton and Hove and in Sussex) who are affected with ADHD (Attention Deficit Hyperactivity Disorder), their family, friends, and partners, in particular, but not exclusively by:

- A. Providing peer advice and support services
- B. Raising awareness by campaigning for greater recognition of the challenges for adults living with ADHD and also of their unique qualities
- C. Developing accessible information about diagnosis, treatment and service provision

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

ADHD Aware is member-led and supports adults affected by ADHD. We run monthly drop-ins; facilitated discussions; sessions for partners, parents, family, and carers; and have piloted closed support groups - all currently via Zoom, (to resume in-person when safe, mixed with Zoom).

We also provide support via email, website, and social media. In the period of this report, we have continued to expand user-requested services, including digital services launched as a direct response to COVID-19. Our online services have been incredibly successful and post-COVID, we have also resumed our in-person sessions – during the pandemic, session participation overall increased 230% (v pre-pandemic).

During COVID-19, we were one of the few services for neurodiverse adults that kept running and we have continued to grow after home isolation finished because of the solid foundation of services and sustainable infrastructure that we have built.

We have continued to combat social exclusion, engaging and connecting with vulnerable and highly isolated users - many of whom have mental and physical health conditions, suffer anxiety and depression, and have lost routines, worsening quality of life and health outcomes. We help users re-establish routines and access support, as social and health services – particularly those that service the needs of adults have reduced drastically in recent years and have not grown to address the levels of need in any UK communities.

Our regular activities have included:

Reporting period:
19 November 2021 to 5 April 2023

1. Producing materials on isolation, anxiety, access, and benefits for adults with ADHD
2. Creating several videos, including during this period producing a video focused on creating a more sustainable organisation for the future by building new services, including much-requested training for corporate and public organisations around how ADHD impacts employees and patients – our first clients for this service were the NHS and this practice has continued to expand rapidly
3. Signposting information via email, website, Twitter, and Facebook
4. Enabling further training for volunteers through expert supervision, including expanding our capabilities in digital content and services, new cohorts of impacted service users, and collaborating on the delivery of services with our local Primary Care Networks
5. Offering Zoom training to volunteer facilitators, which has helped us in turn run more sessions for our members to share knowledge, information, and experience
6. Piloting a new psycho-educational course, with guidance and tools for partners focused on new anxieties users may be coping with, and ADHD-centred awareness for couples (where one or both have ADHD), which was successful and which we have continued to expand. The course was run by expert facilitators in psycho-education and couples counselling for adults with ADHD and autism: Karen Doherty of Reframe Counselling had already been supervising an earlier closed support group pilot, run by Yvonne Rivers, our long-standing group session facilitator. There is no other service for targeted support and relationship building like either of the closed groups. This has and continues to support user resilience, recovery, and ongoing capacity development.

All of the new services and capabilities described above have been developed in direct response to feedback from users who sometimes require a more private and focused approach to provide real support. We also continued all of our longstanding services including a wide variety of monthly sessions and expanded our ADHD awareness campaigns, including several quotes and interviews provided to the press.

Finally, we have continued to liaise with the NHS Brighton and Hove CCG | NHS East Sussex CCG | NHS West Sussex CCG and consulting on the Neurodevelopmental Pathway Target Operating Model.

Key indicators of the impact and need for our services in the last year have included:

- Grown our mailing list to 4,742 – increasing 159% since our last reporting period and including our new scope of service users from our partnership with a Brighton & Hove Primary Care Network
- Increased our number of monthly sessions to 73
- 1,285 people attended our meetings – an increase of 61%
- 11,909 people took part in peer support on our social media – increasing 318%
- 290 people received email support, up 12%

Reporting period:
19 November 2021 to 5 April 2023

- 13,484 total number of 'individuals' supported by ADHD Aware – growth of 1083%
- Total people supported including website:
 - 2019: 15,163 v
 - 2020: 41,988 v
 - 2021: 302,337 v
 - 2022: 428,876 v
 - 12 months to 5 April, 2023: 443,691 (2826% ahead of our 2019 figure)

As you can see, demand for our services has increased dramatically particularly over the period during COVID-19 and has continued to grow thereafter (as of the date that this report was prepared in October 2023, it had already grown again to 495,983).

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

In setting our programme each year, we have regard to the guidance issued by the Charity Commission on public benefit – in this case particularly for the benefit of adults impacted by ADHD. The Board of Trustees ensures that the programme of work that we undertake is in line with our charitable objects and aims.

Our first aim is to host and support activities for our beneficiaries and partners that provide user-led support, share lived experience, and signpost useful information. Our second aim is to create education and raise awareness amongst our allies and non-allies that improves inclusion and normalisation, as well as reducing discrimination and exclusion against our beneficiary communities.

Policy on grant making

We are not currently a grant making organisation with respect to granting external organisations with funding for projects.

Policy on social investment including program related investment

We invest in planning and running activities that align with our strategic objectives. This will include events, training, speaking, marketing and communications, advocacy, storytelling, corporate education, volunteer coordination, and research.

Contribution made by volunteers

Volunteers support many aspect of our activities, focused on supporting us at live in person and online events. We have also been supported by volunteers who helped us with Board

Reporting period:
19 November 2021 to 5 April 2023

governance, financial management, digital communications, strategic and succession planning, building our organisational structure and business plan as we grown and as we grow into the future.

We currently have twenty-three volunteers who help with the main outward activities of the charity, including the seven different meetings we run per month. We have also strengthened the Board of Trustees with nine members (from six as of our last reporting period), who have been shaping the charity as it becomes a strategic organisation with a plan of activities, clear goals, and as it will be building a sustainable volunteer programme and organisational resources into the future.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

ADHD Aware started informally as a group of adults running an ADHD peer support group in Brighton & Hove in 2011. We became formally constituted in 2015, and in November 2021, we became a registered charity. Before the pandemic, we supported about 15,000 people. As of the end of this reporting period, we supported over 440,000, including our national website and social media users. Our monthly newsletter mailing list has increased from 1,828 to 4,742 (+159%); our support meetings have increased from 72 to 73, and our meeting attendees have increased from 800 to 1,285 (+61%).

As the country has recovered from the pandemic, we have continued to grow and thrive, and we've also built solid foundations of partnership with local NHS and social services – having now started delivering training and awareness raising courses with several organisations in this domain and for some companies - and have continued to build strong relationships with other charities.

Reporting period:
19 November 2021 to 5 April 2023

Additional Information

Achievements against objectives set

Internal activities delivered in this period included:

- ❖ Recruited new Trustees (three additional since our last report and including some who have stepped down in this period)
- ❖ Established and agreed internal policies
 - Trustee and volunteer roles and expectations
 - Job descriptions for new sessional workers required as our activities have expanded
 - A variety of operational governance and security policies and processes, as our activities have expanded
 - Safeguarding updates for online meetings
- ❖ Establish professional internal infrastructure and processes
 - Implementation of Microsoft Office 365 and a host of new approaches to managing organisational documents and communication, including new email accounts
 - A new Metro bank account and new mailing address which is professionally serviced by Community Base
 - Budgets / finance governance controls continuing to mature, including our first official reporting period as a charity
 - Activity planning and execution, including enhanced collaboration with the local Primary Care Network to support more patient referrals to our services
 - Recruitment of a sessional Operations Manager, Training resources, and solidification of other roles
- ❖ Fundraising and Donations
 - Continued success, despite the pandemic
 - Enhanced plan developed for the future and bid submitted for major funding from The National Lottery

External activities delivered in this period included:

- ❖ Community Programme
 - Set clear value proposition for organisations helping us reach more beneficiaries
- ❖ Amplification and Support
 - Creation of content – both written and for training delivery
 - Inclusive and accessible events
 - Representation in our content
- ❖ Event Programme

Reporting period:
19 November 2021 to 5 April 2023

- Increased number of sessions per month to 7 different types, serving different needs within our community impacted by ADHD
- Added new types of closed support groups as pilots, which were successful and will roll out in future as part of plan proposed to National Lottery
- ❖ Marketing Programme
 - Revamped website, added richer content
 - Formalised approach to social media management
 - Matured newsletter and now have a structured approach to how that is produced

We have gone from strength to strength, with a clear increase in the demand for our services throughout the pandemic and an alignment in take up of new services launched during that period. The main thing that had been limiting our progress has been the smaller lots of funding available to us to date, which is why we planned during this period for a more significant bid to the National Lottery for a 3 year programme, which we have now submitted to help our organisation grow and scale for the future.

Details of activities undertaken in this period

ADHD Aware started informally as a group of adults running an ADHD peer support group in Brighton & Hove in 2011. We became formally constituted in 2015, and in November 2021, we became a registered charity.

Since our early days, we've helped people impacted by ADHD live happier lives and get access to the services and information to help them function and thrive.

Additionally, we ran new programmes that could evolve into permanent training programmes, but we lack resources to properly develop and sustain them. Before this period, the National Lottery awarded a smaller lot of funding to support our operational costs, as well as to pilot a closed support group programme, which was extremely successful. It also enabled training for volunteers through expert supervision from the facilitator. In the future with our larger National Lottery bid, we will support a three year expansion of these types of programmes for neurodiverse users, as well as programmes to raise awareness and knowledge about the impact of ADHD on adults in a variety of settings – at work, in social and healthcare, and in other aspects of daily life – which will also benefit our community.

There is no other service for targeted support like any of the services we have run in this period and will continue to grow into the future. This has supported user resilience, recovery, and capacity development. All of our activities were developed in direct response to user feedback about requiring a more private and focused approach to provide real support.

Reporting period:
19 November 2021 to 5 April 2023

We feel that these programmes have also addressed a very serious and unaddressed societal challenge – understanding and adapting to the needs of neurodiverse adults. Knowledge is the key to addressing issues that result in discrimination, isolation, and exclusion of neurodiverse people and also helps all stakeholders to develop meaningful and transferrable skills and experience.

Performance of fundraising activities against objectives set

In the period covered by this report, from 19th November 2021 to 5th April 2023, we raised a total of **£84,222.36** from the following supporters:

Grant – Sussex Community Foundation – Lawson Fund	£5,000.00
Grant – Sussex Community Foundation – Callum Family Trust	£5,000.00
Grant - Brighton & Hove City Council Community Fund	£7,000.00
Grant - Sussex Community Foundation – Community Fund	£5,000.00
Grant - East & Central PCN	£47,543.00
Donations - Golden Giving Member Contributions	£441.94
Donations – Just Giving Member Contributions	£4,468.65
Donations – Eventbrite Webinar Donations	£429.93
Donations – Cheque	£38.84
Income – Training Fees	£9,300.00

<u>Total funds collected by ADHD Aware in this period</u>	<u>£84,222.36</u>
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This fundraising was sufficient to cover our expenses in relation to our activities targeted as the primary focus on this period.

Reporting period:
19 November 2021 to 5 April 2023

Financial Review

Our financial review covers the period that started 19th November 2021 and ended 5th April 2023, including the first few months of our existence as a CIO up to the end of the financial year and the next twelve-month period since we became a registered charity.

Accounts 19th November 2021 to 5th April 2023

Interim Treasurer: Katie Hudson

The Board has collectively examined the financial records of ADHD Aware and prepared these accounts from the information and explanations supplied by them. In the Board's opinion, ADHD Aware has maintained proper accounting records and these accounts are in accord with those records.

These accounts were approved by the Board and confirmed by an independent examiner on 24th November 2023.

These accounts will also have been ratified in an Annual General Meeting on 30th November, 2023.

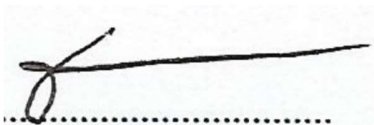
The Board recommend that participants at the AGM ratify these accounts, but members are also welcome to ask any questions about the accounts in the period reported herein.

Reporting period:
19 November 2021 to 5 April 2023

The Board has collectively examined the financial records of ADHD Aware and prepared these accounts from the information and explanations supplied by them. In the Board's opinion, ADHD Aware has maintained proper accounting records and these accounts are in accord with those records.

These accounts were approved by the Board on 30th November, 2023.

Signed by two officers/committee members:

	<i>Signatory 1</i>	<i>Signatory 2</i>
<i>Name</i>	Katie Hudson	Linda Ashton-Saltwell
<i>Date</i>	30/11/2023	30/11/2023
<i>Signature</i>		

Reporting period:
19 November 2021 to 5 April 2023

ADHD Aware

Receipts and Payments Account from 19th November 2021 to 5th April 2023

Receipts

Donations	£5,379.36
Grants	£69,543.00
Training Income	£9,300.00

Total Receipts	£84,222.36
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Payments

Drop in - [Room Hire]	£247.50
Drop in [Catering]	£28.04
Focus Session [Room Hire]	£622.50
Focus Session [Catering]	£0.00
Focus Session - Facilitator	£7,425.00
Volunteer Expenses	£553.53
SMS	£813.48
Digital Resources	£1,846.33
One off events inc. AGM	£127.68
Stationery, Equip & Printed Material	£578.16
Volunteer Training	£825.00
Supervision	£0.00
Equipment Big Ticket	£67.09
Sessional Work	£26,598.00

Total Payments	£39,732.31
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Net receipts (payments) for the period	£44,490.05
Balance of funds at 19th November 2021	£18,015.90
Balance of funds at 5th April 2023	£62,505.85

Reporting period:
19 November 2021 to 5 April 2023

Assets and Liabilities at 5th April 2023

Assets

NatWest bank account	£750.08
Metro bank account	£61,731.55
Cash in hand	£24.22
Total Assets	£62,505.85

Liabilities

N/A

Total Liabilities	£0.00
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Breakdown of funds

Grant – Sussex Community Foundation – Lawson Fund	£5,000.00
Grant – Sussex Community Foundation – Callum Family Trust	£5,000.00
Grant - Brighton & Hove City Council Community Fund	£7,000.00
Grant - Sussex Community Foundation – Community Fund	£5,000.00
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Total funds collected by ADHD Aware in this period	£84,222.36
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Reporting period:
19 November 2021 to 5 April 2023

Statement explaining the policy for holding reserves stating why they are held

The charity had reserves of £62,505.85 at the end of this period. During this period, the charity did hold sufficient funds in the bank in order to fund its operational activities throughout the financial year, which was monitored and reported by the Treasurer to the Management Committee (now Board of Trustees, subsequent to becoming a registered charity, after this reporting period).

Our reserves policy at the beginning of the first few months of this period before the next financial year was to hold at least 2 months unrestricted fund expenditure on charitable activities, with an aim of increasing that to 3 months unrestricted fund expenditure on charitable activities by the financial year ending 5 April 2023. We have achieved both objectives (the former achieved on monthly reserves and just shy of the additional amount to be held for emergencies agreed as of the last AGM). In calculating our reserves, we exclude funds tied up in buildings, vehicles, and equipment, as the charity does not currently hold any of these assets.

Amount of reserves held

In reviewing its reserve requirement, the trustees have decided and ratified at our last AGM (November 2022) that in this financial year, the charity needed to hold a small amount of reserves (£500) to cover emergency or unforeseen situations such as issues that may come up at our events. However, the main reason for holding reserves is to ensure that the charity has enough resources to fund programmes it is supporting. For planned programmes the charity may take around 2 months (between Board meetings) to make funding decisions and it is policy never to commit funds that it does not have. Therefore, to prevent disruption to programmes, it was felt that around 2 months reserves of unrestricted expenditure (£4,000) needs to be held, and latterly that we should increase that to £6,000 of unrestricted expenditure (3 months of reserves). At our next AGM, we will raise the topic of potentially increasing our reserves to be held based on our now greater monthly average expenditure of approximately £3,000, but for the period of this report, we were compliant with our reserves policy.

Current reserves status

The amount of reserves held (£62,481.63) is therefore in line with the trustees view of reserves needs (£6,500) at the end of this period, as it is covered by the funds held in the bank, with the note that the funds held in the account are generally assigned to expenditure against certain grant objectives, so are not always free reserves, as opposed to restricted reserves. Reserves are expected to be maintained at the planned level in subsequent periods and this will be monitored closely by the Treasurer and the Board.

Reporting period:
19 November 2021 to 5 April 2023

Any restricted funds not intended for general operational expenditure and not time bound will, in future, not be included in the trustees' view of reserve needs because these restricted funds are held by the charity for as long as is necessary to organise and execute the relevant grant deliverables. Normally these funds are spent within 6 or 12 months of receipt (depending on the grant maker's requirements).

Details of fund materially in deficit

No funds materially in deficit during or at the end of this period.

Explanation of any uncertainties about the charity continuing as a going concern

The main concern about the charity continuing as a going concern is related to the cyclical nature of relatively minimal grant funding we have been able to access before becoming a registered charity. We have also seen a sharp increase in demand for our services throughout the pandemic, which has put pressure on budgets.

However, becoming a registered charity has enabled us to raise greater sums of funding than previously, enabling the organisation not only to have more consistency and predictability in its funding, but also to begin to hire its first staff – currently still sessional workers, but eventually full time staff. It will also help us to build a long term, sustainable source of non-grant income that will also make us more self-sufficient.

Additional Information

The charity's principal sources of funds (including any fundraising)

Donations	£5,379.36
Grants	£69,543.00
Training Income	£9,300.00

Investment policy and objectives including any social investment policy adopted

The charity had no fixed asset investments during this period.

The charity had no realised or unrealised gains or losses on investments during this period.

Reporting period:
19 November 2021 to 5 April 2023

In future, if the charity does make investments, programme related investments are made in furtherance of the charity's objectives and any investment return is secondary to the charitable purposes supported by the investment. Such investments are included at their cost. Any loss or impairment from such investments will be charted as part of charitable activities within the statement of financial activities.

A description of the principal risks facing the charity

All significant activities undertaken are subject to a risk review as part of the initial activity assessment and implementation. Major risks are identified and ranked in terms of their potential impact and likelihood.

Major risks, for this purpose, are those that may have a significant effect on:

- Operational performance, including risks to our personnel, volunteers, and participants;
- Financial sustainability, including stability and security of income;
- Achievement of our aims and objectives; or
- Meeting the expectations of our beneficiaries or supporters.

The Trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified. Where appropriate, risks are covered by insurance. The following framework is central to ensuring adequate risk assurance:

- Regular monitoring of major risk and development of action plans;
- Embedding risk identification and assessment within operating procedures;
- A clear structure of delegated authority and control;
- Review of key systems and procedures through internal audit arrangements;
- Income and profit targets for our trading and fundraising activities;
- Maintaining reserves in line with set policies; and
- Regular summary reports on risk management to the Trustee Board.

We have paid particular attention during this year to establishing the above mentioned governance framework, through the appointment of a Trustee Board with experience on the non-executive leadership team of other charities and community organisations.

Reporting period:
19 November 2021 to 5 April 2023

Structure, Governance, and Management

Type of governing document

Constitution

How is the charity constituted?

CIO (Charitable Incorporated Organisation)

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Every charity trustee must be a natural person.

- (a) No one may be appointed as a charity trustee:
- if he or she is under the age of 16 years; or
 - if he or she would automatically cease to hold office under the provisions of clause 15(1)(f). [of our Constitution]
- (c) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(3) Number of charity trustees

- (a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.
- (b) The maximum number of charity trustees is 9. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity.

Reporting period:
19 November 2021 to 5 April 2023

Policies and procedures adopted for the induction and training of trustees

1. Information for New Trustees

The Trustees will make available to each new Trustee, on or before his or her first appointment:

- a. a copy of the current version of this constitution; and
- b. a copy of the charity's latest Trustees' Annual Report and statement of accounts.

Additionally, policies created that all Trustees must receive a copy of and agree to before appointment as a Trustee is confirmed include:

- Board Trustees Code of Conduct
- Trustees Declaration of Interests
- Trustee and Volunteer Expenses Policy
- Anti-Harassment and Bullying Policy
- Health and Safety Policy
- Volunteer Grievance Procedures
- Safeguarding Adults at Risk Policy and Procedure with COVID 19 Addendum
- Equality & Diversity Policy
- Data Protection Policy

The charity's organisational structure and any wider network with which the charity works

In the period of this report, the charity was led by a volunteer Co-Chair (Linda Ashton-Saltwell), who has Chaired the charity for several years, and Co-Chair (Katherine Hudson) who has served previously as Treasurer of ADHD Aware for several years, including periods when it was a Constituted Community Group, prior to registering as a CIO.

It also had several long-standing members of the Board of Trustees throughout this period and since its incorporation as a CIO in November 2021:

- Dominique Gibbons - term 3 years from November 2022 on the Board of Trustees and as Treasurer after a handover from Katherine Hudson, after having previously served as a co-opted as a member of the Board of Trustees
- Amy Knowles - term 3 years from November 2022 on the Board of Trustees and as Secretary, after having previously served as a co-opted as a member of the Board of Trustees

Reporting period:
19 November 2021 to 5 April 2023

- Tony Larkin – term 3 years from November 2021 on the Board of Trustees, after having previously served as a long-standing member of the Constituted Community Group Management Committee
- David Clarke - term 3 years from November 2021 on the Board of Trustees, after having previously served as a long-standing member of the Constituted Community Group Management Committee
- Tara Allen - term 3 years from November 2022 on the Board of Trustees, after having previously served as a co-opted member of the Board of Trustees
- Nadia Bunker - term 3 years from November 2022 on the Board of Trustees, after having previously served as a co-opted member of the Board of Trustees
- Helen Davies - term 3 years from November 2022 on the Board of Trustees, after having previously served as a co-opted member of the Board of Trustees
- Bimah Khan - co-opted member of the Board of Trustees since March 2023 and to be proposed as ND Co-Chair at next AGM

Board members who have resigned since our last report

- Charlotte Glass – co-opted in October 2021 until the next AGM, intended term 3 years on the Board of Trustees, but resigned in January 2022

Relationship with any related parties

During this period, the charity collaborated with other local charities including Assert and AMAZE, as well as working together with the Trust for Developing Communities (TDC) and the NHS. There were no explicit financial benefits to ADHD Aware from any of these relationships other than any already mentioned above.

Reference and Administrative Details

Charity name

ADHD Aware

Other name the charity uses

N/A

Registered charity number

1196688

Reporting period:
19 November 2021 to 5 April 2023

Charity's principal address

ADHD Aware
Community Base
113 Queens Road
Brighton BN1 3XG

Names of the Trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year
Linda Ashton-Saltwell	Co-Chair	Whole Year/Period
Katherine Hudson	Co-Chair	Whole Year/Period
Dominique Gibbons	Treasurer	Co-opted from 06/2022 and ratified at AGM 11/2022
Amy Knowles	Secretary	Co-opted from 06/2022 and ratified at AGM 11/2022
Tony Larkin	Trustee	Whole Year/Period
David Clarke	Trustee	Whole Year/Period
Nadia Bunker	Trustee	Co-opted from 06/2022 and ratified at AGM 11/2022
Helen Davies	Trustee	Co-opted from 08/2022 and ratified at AGM 11/2022
Tara Allen	Trustee	Co-opted from 09/2022 and ratified at AGM 11/2022
Bimah Khan	Co-Opted Trustee	Co-opted from 03/2023 and to be ratified at AGM 11/2023
Annie Bullen	Trustee (resigned)	01/09/21-30/11/21
Charlotte Glass	Trustee (resigned)	01/10/2021-31/01/2022

Funds held as custodian Trustees on behalf of others

Description of the assets held in this capacity

N/A

Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects

N/A

Reporting period:
19 November 2021 to 5 April 2023

Details of arrangements for safe custody and segregation of such assets from the charity's own assets

N/A

Names and addresses of advisers

Type of adviser	Name	Address
Independent Examiner	Mireille Shimoda, Resource Centre mireille.shimoda@resourcecentre.org.uk	Resource Centre Prior House, 6 Tilbury Place, Brighton, BN2 0GY Tel: 01273 606160 Brighton & Hove Social Welfare and Educational Trust Ltd Registered Charity no. 287516 Limited Company registered in England no. 1730256 VAT registration no. 861 1001 75

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

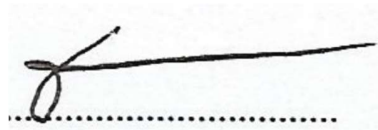
Reporting period:
19 November 2021 to 5 April 2023

Declarations

The Trustees declare that they have approved this annual report and accounts.

Signed on behalf of the charity's Trustees:

Signature(s)

A handwritten signature in black ink, appearing to be "Katherine Hudson", written over a dotted line.

Full name(s)

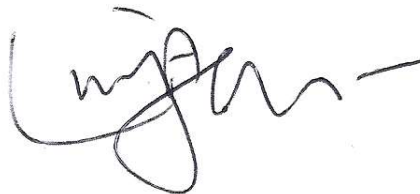
Katherine Hudson

Position (eg Secretary, Chair, etc)

Treasurer and Co-Chair

Date

30/11/2023

A handwritten signature in black ink, appearing to be "Linda Ashton-Saltwell", written in a cursive style.

Signature(s)

Full name(s)

Linda Ashton-Saltwell

Position (eg Secretary, Chair, etc)

Co-Chair

Date

30/11/2023

Independent Examiner's report on the accounts

Report to the trustees of ADHD Aware CIO

Registered Charity number 1196688

Accounts year ended 5th April 2023

The accounts have been prepared on the Receipts and Payments basis.

Respective responsibilities of trustees and independent examiner

As the charity's trustees, you are responsible for the preparation of the accounts. You consider that an audit is not required for this year under section 144 of the Charities Act 2011 and that an independent examination is needed.

It is my responsibility to: examine the accounts under section 145 of the Charities Act, to follow the procedures specified in the General Directions of the Charity Commissioners (under section 145 (5)(b) of the Act) and to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters laid out in the statement below.

Independent Examiner's Report

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with section 130 of the Act; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mireille Shimoda
Resource Centre
6 Tilbury Place
Brighton BN2 0GY

8th January 2024

Disclosure section

None