

ADHD LIBERTY

England & Wales · Charity number 1197012

Details

Status Registered

Legal form CIO

Registered 2021-12-08

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

Contact

Address 12 Jumelle Mews
High Wycombe
Buckinghamshire
HP13 5BU

Phone 07769355003

Email sarah@adhdliberty.org

Website <https://www.adhdliberty.org/>

Activities

Objects: THE OBJECT OF THE CIO IS: FOR THE PUBLIC BENEFIT, THE RELIEF OF THOSE WITH ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER) BY PROVIDING GRANTS TO THEM, THEIR FAMILIES AND THOSE CARING AND SUPPORTING THEM IN PARTICULAR BUT NOT EXCLUSIVELY TO RECEIVE SERVICES SUCH AS PROFESSIONAL ASSESSMENT, DIAGNOSIS, MEDICATION AND FOLLOW-ON PSYCHIATRIC SUPPORT

Activities: To raise awareness of Adult ADHD and campaign for mandatory ADHD screening throughout the Criminal Justice System, Addiction and Homeless services in the UK. To actively promote ADHD training for Teachers. For ADHD screening to be mandatory from the age of five, and at every transition, in UK schools. Campaigning to stop the School-to-Prison Pipeline.

Classification

- **How:** Makes Grants To Individuals, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-04	£18,128	£21,658	-	-
2024-04-04	£24,946	£7,036	-	-
2023-04-04	£39,034	£37,656	-	-

Trustees

Name	Role	Appointed
Alexandra Elizabeth Harvey-Bryn		2023-04-01
Georgia Clare Miller		2024-06-01
Joanne Liveston		2023-11-02
Khaled Mostafa Ibrahim Helmy		2024-03-01
Lamin Dibba		2022-03-01
Michelle Holloway		2023-11-02
Rachel Mary Bullimore		2024-03-01
Sarah Jennifer Templeton		2022-03-01
Sean McNicholas		2023-11-02

ADHD LIBERTY

England & Wales - Charity number 1197012

Accounts



Trustees' Annual Report for the period

From **6th April 2024** Period start date To **5th April 2025** Period end date

Charity name: **ADHD Liberty**

Charity registration number: **1197012**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To support ADHD children and adults. To signpost and guide ADHD people who are in difficult circumstances whether that be with the law, school or employment.
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.	Para 1.17 and 1.19	Helping people get the right diagnosis. Supporting people in prison who cannot access an ADHD diagnosis. Liaising with the ministry of justice around supporting neurodiversity support managers In Prison. Helping to set up ADHD Support Group's In Prison and Probation.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes trustee notified and confirm confirmed.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No change from the previous year. We have helped clients in dire situations for example a 13-year-old who had already been arrested and was in an approved school. We tried to help as many people in very difficult circumstances as we can. We always check their financial situation before awarding any grant
Policy on social investment including program related investment	Para 1.38	None as yet
Contribution made by volunteers	Para 1.38	Only the CEO works almost full-time promoting the charity. No payment is made for these services.
Other		

Achievements and Performance

	SORP reference	
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.	Para 1.20	Work has continued to raise awareness of ADHD in the education system and the criminal justice system specifically. But also in addiction services and homelessness services. We have also raised awareness with Careers services who are working with teenagers who have fallen between the cracks. The same work as before has continued and been done by the same people

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Very much focused on achieving the aims of the charity. Still focusing on people in the most dire circumstances and need. Very determined to raise awareness of ADHD in the criminal justice system and the education system and all our work this year has been working towards that
Performance of fundraising activities against objectives set	Para 1.41	Most funds have come from donations from the public, donations from the CEOs other businesses and a pharmaceutical company who wanted to support
Investment performance against objectives	Para 1.41	None as yet
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in credit and always will be. It does not have an overdraft facility with the bank. It still receives funds from the CEO who donates money from her business to the charity. There will never be a financial issue with the charity because it has no ability to be overdrawn The charity is in a healthy position. Currently the Charity has over £15,000 in it.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Only held to make sure we have money available for emergency cases. And because we have no overdraft and do not ever wish to be in a negative equity position.
Amount of reserves held	Para 1.22	£15,008.67
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None, the Charity is still in a strong position.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	One Donation received from a pharmaceutical company. There is a regular monthly donation from one doner
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	We don't believe there are any risks that the charity is likely to face.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO – FOUNDATION, Registered 08 Dec 2021
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	Para 1.25	Chosen by the CEO in conjunction with any current trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Monthly, trustee meetings, and all people joining our highly qualified psychiatrists, police, officers, and social workers all already very experienced in this field.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Trustees and ambassadors with plans to take on more volunteers
Relationship with any related parties	Para 1.51	Working with private and HMPS prisons to help with ADHD incarcerated adults
Other		

Reference and Administrative details

Charity name	ADHD Liberty
Other name the charity uses	No other names
Registered charity number	1197012
Charity's principal address	12 Jumelle Mews High Wycombe Buckinghamshire HP13 5BU

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

Name of chief executive or names of senior staff members (Optional information)

CEO - Sarah Templeton

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		

ADHD LIBERTY

a Charitable Incorporated Organisation

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 04 April 2025

Registered Charity Number: 1197012

ADHD Liberty 12 Jumelle Mews, High Wycombe Email: sarah@adhdliberty.org

CONTENTS

- Reference and Administrative Information	3
- Trustees' Report	4
- Independent Examiner's Report	6
- Statement of Financial Activities	7
- Balance Sheet	8
- Notes to the Financial Statements	9

REFERENCE AND ADMINISTRATIVE INFORMATION

Chairman: Sarah Templeton

Trustees:

Lamin Dibba

Alexandra Harvey-Bryn

Sean McNicholas

Joanne Liveston

Michelle Holloway

Rachel Bullimore

Khaled Helmy

Georgia Miller

Charity Registered Number: 1197012

Registered Office: 12 Jumelle Mews, High Wycombe, Bucks, HP13 5BU

Independent Examiner:

Mrs Marina Hunt FCCA

Dux Advisory Limited

Kennel Club House

Gatehouse Way

Aylesbury

Bucks

HP19 8DB

TRUSTEES' REPORT

Objectives and Activities

The object of the CIO is the relief of those with ADHD (Attention Deficit Hyperactivity Disorder) by providing grants to them, their families and those caring for and supporting them in particular, but not exclusively, to receive services such as professional assessment, diagnosis, medication and follow-on psychiatric support.

The main activities are to provide grants, raise awareness, campaign for positive change and to seek equality for ADHD children and adults. Specialising in marginalised members of society, e.g. homeless, ex-offenders and those impacted by addiction.

All trustees have confirmed that they have had regard to the guidance issued by the Charity Commission on public benefit.

Policy on grant making

Applications to be made to the Board, and to be considered on financial means of the applicant, their current mental state, involvement with addiction, the criminal justice system and their risk to themselves and others.

Achievements and performance

The Charity Trustees have been working extremely hard to raise awareness of adult ADHD and childhood ADHD, particularly in homeless, addiction and offending areas. The CEO has given talks on ADHD in Aberdeen and Nice in France for ADHD Europe.

The CEO and trustees have visited homeless charities, addiction charities, schools, Prisons and Probations, in an attempt to raise awareness of ADHD.

Many members of the charity attended the Caroline Flack annual festival in aid of mental health charities.

The CEO has appeared on numerous podcasts and webinars, written articles for newspapers and magazines and released her third book on helping parents understand their ADHD teenagers.

The vast majority of the work the CEO does is unpaid, and she has not taken one penny from the charity. All the work she does to raise awareness is unpaid and she pays for all her own costs.

Achievements against objectives set

More than expected. The charity's passion has contributed to the new NHS ADHD task force looking into the amount of ADHD in the criminal justice system.

The charity has also joined forces with MP Matt Hancock's Charity, THE ASSISTED LEARNING FOUNDATION who were pushing for dyslexia screening in schools. Due to ADHD Liberty's campaigning, he has agreed to change his bill in parliament to a bill that covers all neuro divergency rather than just dyslexia.

Fundraising

Fundraising has started with a JustGiving page. Corporation Tax has already been donated to the charity. There are plans in the year ahead for several fundraising activities.

A lot of time has been invested into setting up the charity, getting the right trustees on board, finding the right ambassadors for the charity, and setting everything up, ready to take on much more campaigning work in future.

Financial Review

The charity is in a healthy financial position. It has no overdraft facilities and will never be in any overdraft position. Currently the charity has over £15,000 in the bank.

Reserves are only held to ensure that the Charity has money available for emergency cases. Also, because there is no overdraft facility the Charity does not want to be in a negative equity position.

Going concern

There are no uncertainties about the Charity continuing as a going concern. The Charity is in a strong position with more trustees. The trustees include two serving police officers, two fully qualified psychiatrists, a social worker and many people with lived or working experience in the field. We are gathering national and even international attention for the work we are doing, and we have an extremely good reputation.

Structure, Governance and Management

The charity is a CIO Foundation, registered 8th December 2021. The Trustees are chosen by the CEO in conjunction with any current trustees.

Signed on behalf of the Trustees:



69EC0000-7DCE-72A9-9E30-08DE38B09BDB

Sarah Templeton – Chairman

INDEPENDENT EXAMINER'S REPORT

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the period ended 4th April 2025.

Responsibilities and basis of report

As the charity's trustees, 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 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed: _____

Date: _____

Mrs Marina Hunt FCCA
Dux Advisory Limited
Kennel Club House
Gatehouse Way
Aylesbury
HP19 8DB

STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 04 April 2025

Recommended categories by activity	Notes	Unrestricted funds £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:				
Donations and legacies	2	18,128	18,128	24,946
Total		18,128	18,128	24,946
Expenditure on:				
Charitable activities	3	21,658	21,658	7,036
Total		21,658	21,658	7,036
Net income/(expenditure)		(3,530)	(3,530)	17,910
Net movement in funds		(3,530)	(3,530)	17,910
Reconciliation of funds:				
Total funds brought forward		19,288	19,288	1,378
Total funds carried forward		15,758	15,758	19,288

BALANCE SHEET

As at 04 April 2025

Recommended categories by activity	Notes	Unrestricted funds £	Total Funds 2025 £	Total Funds 2024 £
Current assets:				
Debtors	4	750	750	750
Cash at bank and in hand	5	15,008	15,008	18,538
Total current assets		15,758	15,758	19,288
Net current assets/(liabilities)		15,758	15,758	19,288
Total net assets or liabilities		15,758	15,758	19,288
Funds of the Charity				
Unrestricted funds	6	15,758	15,758	19,288
Restricted income funds	6	-	-	-
Endowment funds	6	-	-	-
Total funds		15,758	15,758	19,288

The financial statements were approved by the Board on [DD-Month-2025] and signed on its behalf by:



69EC0000-7DCE-72A9-9E40-08DE38B09BDB

Sarah Templeton
Trustee

NOTES TO THE FINANCIAL STATEMENTS

04 April 2025

1. Accounting Policies

1.1 Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

1.2 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation. These accounts have been prepared 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.3 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the accounts.

2. Income from Donations and Legacies

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Donation and gifts	18,128	18,128	24,946
Total	18,128	18,128	24,946

3. Expenditure on Charitable Activities

Analysis	Total funds 2025	Total funds 2024
	£	£
Charity running cost	20,142	6,441
Legal/professional fees	1,516	595
Total	21,658	7,036

4. Debtors: Amounts falling due within one year

Analysis	Total funds 2025	Total funds 2024
	£	£
Other debtors	750	750
Total	750	750

5. Cash at bank and in hand

Analysis	Total funds 2025	Total funds 2024
	£	£
Cash at bank and on hand	15,008	18,538
Total	15,008	18,538

6. Charity funds

6.1 Details of material funds held and movements during the current reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds	19,288	18,128	(21,658)	-	-	15,758
Total	19,288	18,128	(21,658)	-	-	15,758

6.2 Details of material funds held and movements during the previous reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds	1,378	24,946	(7,036)	-	-	19,288
Total	1,378	24,946	(7,036)	-	-	19,288

Document electronically signed



www.fusesign.com

Document Details

Document ID	684f0000-7104-f655-6807-08de38b05c81
Document Bundle ID	684f0000-7104-f655-1083-08de38b05c7f
Uploaded to FuseSign	2025-12-11 12:27 +00:00
FuseSign subscriber	Dux Advisory Ltd
Initiator email	marina.hunt@duxadvisory.co.uk
Signed by	Sarah Templeton (sarah templeton media@yahoo.com)
System finalisation	2025-12-11 12:40 +00:00
Verify URL	https://app.fuse.work/fusesign/verify/684f0000-7104-f655-6807-08de38b05c81

Document Signers

Signer 1

Name	Sarah Templeton
Email	sarah templeton media@yahoo.com
Mobile	N/A
IP Address/es	109.156.170.237
Signed on Pages	5, 8
Verification Mode	Email Code



DOCUMENT AUDIT LOG

DATE TIME	USER	TRANSACTION
2025-12-11 12:27 +00:00	MARINA.HUNT@DUXADVISORY.CO.UK	DOCUMENT BUNDLE CREATED BY MARINA HUNT (MARINA.HUNT@DUXADVISORY.CO.UK)
2025-12-11 12:27 +00:00	SYSTEM	ACCESS LINK: SENDING EMAIL TO: SAM.HEADSTUFF@GMAIL.COM. (1 DOCUMENT - 0 SIGNING ACTIONS).
2025-12-11 12:27 +00:00	SYSTEM	PROGRESSING BUNDLE TO SIGNING GROUP 2
2025-12-11 12:27 +00:00	SYSTEM	ACCESS LINK: SENDING EMAIL TO: SARAHTEMPLETONMEDIA@YAHOO.COM. (1 DOCUMENT - 1 SIGNING ACTION).
2025-12-11 12:37 +00:00	SARAH TEMPLETON	EMAIL VERIFICATION REQUESTED TO EMAIL SARAHTEMPLETONMEDIA@YAHOO.COM
2025-12-11 12:39 +00:00	SARAH TEMPLETON	CODE ENTERED AND VERIFIED
2025-12-11 12:39 +00:00	SARAH TEMPLETON	LINK OPENED FROM IP 109.156.170.237
2025-12-11 12:40 +00:00	SARAH TEMPLETON	DOCUMENT SIGNED: ADHD LIBERTY 2025 ACCOUNTS [FYI-94126894].PDF - ON PAGE 5 (SIGNATUREID: 69EC0000-7DCE-72A9-9E30-08DE38B09BDB)
2025-12-11 12:40 +00:00	SARAH TEMPLETON	DOCUMENT SIGNED: ADHD LIBERTY 2025 ACCOUNTS [FYI-94126894].PDF - ON PAGE 8 (SIGNATUREID: 69EC0000-7DCE-72A9-9E40-08DE38B09BDB)
2025-12-11 12:40 +00:00	SARAH TEMPLETON	DOCUMENT SIGNED: ADHD LIBERTY 2025 ACCOUNTS [FYI-94126894].PDF
2025-12-11 12:40 +00:00	SARAH TEMPLETON	SARAH TEMPLETON HAS COMPLETED BUNDLE 684F0000-7104-F655-1083-08DE38B05C7F
2025-12-11 12:40 +00:00	SYSTEM	FINALISING DOCUMENT (684F0000-7104-F655-6807-08DE38B05C81)

More Information

For more information on electronic signatures and to validate this document was signed by the parties listed above, please visit www.fusesign.com

ADHD LIBERTY

England & Wales - Charity number 1197012

Accounts

ADHD LIBERTY
a Charitable Incorporated Organisation

TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS

FOR THE YEAR END
04 April 2024

REFERENCE AND ADMINISTRATIVE INFORMATION..... 1
TRUSTEES' REPORT..... 1
INDEPENDENT EXAMINER'S REPORT..... 1
STATEMENT OF FINANCIAL ACTIVITIES..... 1
BALANCE SHEET..... 1
NOTES TO THE FINANCIAL STATEMENTS..... 1

Chairman - Sarah Templeton

Trustees

Lamin Dibba

Alexandra Harvey-Bryn

Sean McNicholas

Joanne Liveston

Michelle Holloway

Rachel Bullimore

Khaled Helmy

Georgia Miller

Charity Registered Number - 1197012

Registered Office

12 Jumelle Mews

High Wycombe

Bucks HP13 5BU

Independent Examiner

Marina Hunt FCCA

Chimes Accountancy Services Ltd

G02 Terriers House

Amersham Road

High Wycombe

Bucks HP13 5AJ

Objectives and Activities

The object of the CIO is the relief of those with ADHD (Attention Deficit Hyperactivity Disorder) by providing grants to them, their families and those caring for and supporting them in particular, but not exclusively, to receive services such as professional assessment, diagnosis, medication and follow-on psychiatric support.

The main activities are to provide grants, raise awareness, campaign for positive change and to seek equality for ADHD children and adults. Specialising in marginalised members of society, e.g. homeless, ex-offenders and those impacted by addiction.

All trustees have confirmed that they have had regard to the guidance issued by the Charity Commission on public benefit.

Policy on grant making:

Applications to be made to the Board, and to be considered on financial means of the applicant, their current mental state, involvement with addiction, the criminal justice system and their risk to themselves and others.

Achievements and performance

The Charity Trustees have been working extremely hard to raise awareness of adult ADHD and childhood ADHD, particularly in homeless, addiction and offending areas. The CEO has given talks on ADHD in Aberdeen and Nice in France for ADHD Europe.

The CEO and trustees have visited homeless charities, addiction charities, schools, Prisons and Probations, in an attempt to raise awareness of ADHD.

Many members of the charity attended the Caroline Flack annual festival in aid of mental health charities.

The CEO has appeared on numerous podcasts and webinars, written articles for newspapers and magazines and released her third book on helping parents understand their ADHD teenagers.

The vast majority of the work the CEO does is unpaid, and she has not taken one penny from the charity. All the work she does to raise awareness is unpaid and she pays for all her own costs.

Achievements against objectives set

More than expected. The charity's passion has contributed to the new NHS ADHD task force looking into the amount of ADHD in the criminal justice system.

This is something that Charity has pushed for and is seeing great results. The charity has also joined forces with MP Matt Hancock's Charity, THE ASSISTED LEARNING FOUNDATION who were pushing for dyslexia screening in schools. Due to ADHD Liberty's campaigning, he has agreed to change his bill in parliament to a bill that covers all neuro divergency rather than just dyslexia.

Fundraising - has started with a just giving page. Corporation Tax has already been donated to the charity. There are plans in the year ahead for several fundraising activities.

A lot of time has been invested into setting up the charity, getting the right trustees on board, finding the right ambassadors for the charity, and setting everything up, ready to take on much more campaigning work in future.

Financial Review

The charity is in a healthy financial position. It has no overdraft facilities and will never be in any overdraft position. Currently the charity has over £18,000 in the bank.

Reserves are only held to ensure that the Charity has money available for emergency cases. Also, because there is no overdraft facility the Charity does not want to be in a negative equity position.

Going concern:

There are no uncertainties about the Charity continuing as a going concern. The Charity is in a strong position with more trustees. The trustees include two serving police officers, two fully qualified psychiatrists, a social worker and many people with lived or working experience in the field. We are gathering national and even international attention for the work we are doing, and we have an extremely good reputation.

Structure, Governance and Management

The charity is a CIO Foundation, registered 8th December 2021.

The Trustees are chosen by the CEO in conjunction with any current trustees.

Signed on behalf of the Trustees:

Sarah Templeton – Chairman

I report to the trustees on my examination of the accounts of the above charity (“the Trust”) for the period ended 4th April 2024

Responsibilities and basis of report

As the charity's trustees, 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 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:

Date:

Mrs Marina Hunt FCCA

Chimes Accountancy Services Ltd

G02 Terriers House

Amersham Road

High Wycombe

Bucks HP13 5AJ

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 04 April 2024

Recommended categories by activity	Notes	Unrestricted funds £	Total Funds 2024 £	Total Funds 2023 £
Income and endowments from:				
Donations and legacies	2	24,946	24,946	39,034
Total		24,946	24,946	39,034
Expenditure on:				
Charitable activities	3	7,036	7,036	37,656
Total		7,036	7,036	37,656
Net income/(expenditure)		17,910	17,910	1,378
Net movement in funds		17,910	17,910	1,378
Reconciliation of funds:				
Total funds brought forward		1,378	1,378	-
Total funds carried forward		19,288	19,288	1,378

Recommended categories by activity	Notes	Unrestricted funds £	Total Funds 2024 £	Total Funds 2023 £
Current assets				
Debtors	4	750	750	750
Cash at bank and in hand	5	18,538	18,538	628
Total current assets		19,288	19,288	1,378
Net current assets/(liabilities)		19,288	19,288	1,378
Total net assets or liabilities		19,288	19,288	1,378
Funds of the Charity				
Unrestricted funds	6	19,288	19,288	1,378
Restricted income funds	6	-	-	-
Endowment funds	6	-	-	-
Total funds		19,288	19,288	1,378

The financial statements were approved by the Board on 24-Jan-2025 and signed on its behalf by:

Sarah Templeton
Trustee

1 Accounting Policies

1.1 Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows.

1.2 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation.

These accounts have been prepared 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.3 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the accounts.

2 Income from Donations and Legacies

Analysis	Unrestricted funds	Total funds 2024	Total funds 2023
	£	£	£
Donation and gifts	24,946	24,946	39,034
	<u>24,946</u>	<u>24,946</u>	<u>39,034</u>

3 Expenditure on Charitable Activities

Analysis	Total funds 2024	Total funds 2023
	£	£
Charity running cost	6,441	16,529
Legal/professional fees	595	21,127
	<u>7,036</u>	<u>37,656</u>

4 Debtors: Amounts falling due within one year

	Total funds 2024	Total funds 2023
	£	£
Other debtors	750	750
	<u>750</u>	<u>750</u>

5 Cash at bank and in hand

	Total funds 2024	Total funds 2023
	£	£
Cash at bank and on hand	18,538	628
	<u>18,538</u>	<u>628</u>

6 Charity funds

6.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	1,378	24,946	(7,036)	-	-	19,288
Total	<u>1,378</u>	<u>24,946</u>	<u>(7,036)</u>	<u>-</u>	<u>-</u>	<u>19,288</u>

6.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	-	39,034	(37,656)	-	-	1,378
Total	<u>-</u>	<u>39,034</u>	<u>(37,656)</u>	<u>-</u>	<u>-</u>	<u>1,378</u>

ADHD LIBERTY

England & Wales - Charity number 1197012

Accounts

Registered Charity Number :- 1197012

ADHD LIBERTY
a Charitable Incorporated Organisation

TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS

FOR THE YEAR END
04 April 2023

ADHD Liberty
12 Jumelle Mews
High Wycombe
sarah@adhdliberty.org

REFERENCE AND ADMINISTRATIVE INFORMATION	3
TRUSTEES' REPORT	4
INDEPENDENT EXAMINER'S REPORT	11
STATEMENT OF FINANCIAL ACTIVITIES	12
BALANCE SHEET	13
NOTES TO THE FINANCIAL STATEMENTS	14

Chairman
Sarah Templeton

Trustees
Sarah Templeton

Lamin Dibba

Andrew Croxson

Alexandra Harvey-Bryn

Daley Bedford

Charity Registered Number 1197012

Registered Office
12 Jumelle Mews

High Wycombe

Bucks

HP13 5BU

Independent Examiner Marina Legge FCCA

Trustees' Annual Report for the period

Charity name: ADHD Liberty

Charity registration number: 1197012

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The object of the CIO is: for the public benefit, the relief of those with ADHD (Attention Deficit Hyperactivity Disorder) by providing grants to them, their families and those caring and supporting them in particular but not exclusively to receive services such as professional assessment, diagnosis, medication, and follow-on psychiatric support.
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.	Para 1.17 and 1.19	To provide grants, raise awareness, campaign for positive change and to seek equality for ADHD children and adults. Specialising in marginalised members of society i.e. the homeless, ex-offenders and those impacted by addiction.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees confirmed.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Applications to be made to the board, and to be considered on financial means of the applicator, their current mental state, involvement with addiction of the criminal justice system and their risk to themselves or others

Achievements and Performance

SORP
reference

The Charity trustees have been working extremely hard to raise awareness of adult ADHD and childhood ADHD, particularly in homeless, addiction and offending areas. The CEO has given talks on ADHD in Aberdeen and Nice in France for ADHD Europe.

The CEO and trustees have visited homeless charities, addiction charities, schools, Prisons and Probations, in an attempt to raise awareness of ADHD.

Many members of the charity attended the Caroline Flack annual festival in aid of mental health charities.

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.

Para 1.20

The CEO has appeared on numerous podcasts and webinars, written articles for newspapers and magazines and released her third book on helping parents understand their ADHD teenagers.

The vast majority of the work the CEO does is unpaid, and she has not taken one penny from the charity. All the work she does to raise awareness is unpaid and she pays for all her own costs.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set

Para 1.41

More than expected. The charity's passion has contributed to the new NHS ADHD task force looking into the amount of ADHD in the criminal justice system. This is something that Charity has pushed for and is seeing great results. The charity has also joined forces with MP Matt Hancock's Charity, THE ASSISTED LEARNING FOUNDATION

who were pushing for dyslexia screening in schools. Due to ADHD Liberty's campaigning, he has agreed to change his bill in parliament to a bill that covers all neuro divergency rather than just dyslexia.

Fundraising - has started with a just giving page. Corporation Tax has already been donated to the charity. There are plans in the year ahead for several fundraising activities.

A lot of time has been invested into setting up the charity, getting the right trustees on board, finding the right ambassadors for the charity, and setting everything up, ready to take on much more campaigning work in future.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy position. It has no overdraft facilities. And will never be in any sort of overdraft position. Currently the Charity has over £18,000 in it. At the end of the financial year the bank balance was £628.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Only held to make sure we have money available for emergency cases. And because we have no overdraft and do not ever wish to be in a negative equity position.
Amount of reserves held	Para 1.22	£18,538.07
Reasons for holding zero reserves	Para 1.22	We don't have zero reserves. We have over £18,000 in reserve.
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Absolutely none. The Charity is in a stronger position now than when we started. We have more trustees which now includes two serving police officers, two fully qualified psychiatrists, a social worker and many people with lived or working experience in the field. We are gathering national and even international attention for the work we are doing, and we have an extremely good reputation.

Additional information (optional)

You may choose to include further statements where relevant about:

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

Para 1.47

So far, the charity has benefited from profits from companies being donated to the charity, but fundraising events are planned for the forthcoming year.

A description of the principal risks facing the charity

Para 1.46

We don't believe there are any risks that the charity is likely to face.

Structure, Governance and Management

Description of charity's trusts:

How is the charity constituted?

Para 1.25

CIO – FOUNDATION, Registered 08 Dec 2021

Chosen by the CEO in conjunction with any current trustees.

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

Para 1.25

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees

Para 1.51

Monthly, trustee meetings, and all people joining our highly qualified psychiatrists, police, officers, and social workers all already very experienced in this field.

As the charity has grown a lot in the last year, we are just structuring new roles and

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

Para 1.51

positions now. These will be in place within the next month.

Relationship with any related parties

Para 1.51

We are developing a working relationship with MP, Matt Hancock, Charity THE ASSISTED LEARNING, FOUNDATION

Reference and Administrative details

Charity name	ADHD Liberty
Other name the charity uses	No other names
Registered charity number	1197012
Charity's principal address	12 Jumelle Mews High Wycombe Buckinghamshire HP13 5BU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lamin Dibba			
2	Andrew Michael Croxson	Treasurer		
3	Alexandra Elizabeth Harvey-Bryn			
4	Daley Matthew Bedford			
5	Sean McNicholas		2 nd November 2023	
6	Michelle Holloway		2 nd November 2023	
7	Joanne Liveston		2 nd November 2023	
8	Sam Bignell		2 nd November 2023	
9	Kelly Ann Charlotte Young		1 st December 2023	
10	Dr Juliette Helen Mary Read		1 st March 2024	
11	Rachel Mary Bullimore		1 st March 2024	
12	Khaled Mostafa Ibrahim Helmy		1 st March 2024	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity

None

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

None

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

None

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Sarah Templeton

Position

Chair

Date

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 04 April 2023

I report to the trustees on my examination of the accounts of the above charity (“the Trust”) for the period ended **4th April 2023**

Responsibilities and basis of report

As the charity's trustees, 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 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 which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:

Date:

Marina Legge FCCA
Chimes Accountancy Services Ltd
G02 Terriers House
Amersham Road
High Wycombe
Bucks HP13 5AJ

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 04 April 2023

	Notes	Unrestricted funds £	Total Funds 2023 £
Incoming resources			
Income and endowments from:			
Donations and legacies	2	39,034	39,034
Total		39,034	39,034
Resources expended			
Expenditure on:			
Charitable activities	3	37,656	37,656
Total		37,656	37,656
Net income/(expenditure) before investment gains/(losses)		1,378	1,378
Net income/(expenditure)		1,378	1,378
Net movement in funds		1,378	1,378
Reconciliation of funds:			
Total funds brought forward		-	-
Total funds carried forward		1,378	1,378

Recommended categories by activity	Notes	Unrestricted funds £	Total Funds 2023 £
Current assets			
Debtors	4	750	750
Cash at bank and in hand	5	628	628
Total current assets		1,378	1,378
Net current assets/(liabilities)		1,378	1,378
Total assets less current liabilities		1,378	1,378
Total net assets or liabilities		1,378	1,378
Funds of the Charity			
Unrestricted funds	6	1,378	1,378
Restricted income funds	6		-
Endowment funds	6		-
Total funds		1,378	1,378

The financial statements were approved by the Board on 10-Apr-2024 and signed on its behalf by:

Sarah Templeton
Chairman

1 Accounting Policies

1.1 Accounting Policies

The principal accounting policies adopted by the Charity, which is a public benefit entity, in the preparation of the accounts are as follows:

1.2 Basis of preparation

These accounts have been prepared under the historical cost convention, as modified by the inclusion of charitable properties and fixed asset investments and investment properties at valuation.

These accounts have been prepared 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

These accounts are presented in pounds sterling and rounded to the nearest pound.

1.3 Going concern

The Trustees have prepared financial projections, taking into consideration the current economic conditions and have, at the time of approving these accounts, a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting preparing the accounts.

1.4 Income from donations or grants

Income from donations and grants is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing. If a donation or grant contains terms and conditions outside of the charity’s control which must be met before the charity is entitled to the funds, or if the donor specifies that the funds must be used in future time periods, then the income is deferred.

1.5 Expenditure

Expenditure is recognised when a present legal or constructive obligation exists at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefits will be required to settle the obligation, and the amount can be estimated reliably. It is inclusive of VAT which cannot be recovered.

All costs are allocated between the expenditure categories of the charity on a basis designed to reflect the use of the resource. Costs relating to a particular activity are charged directly, others are apportioned on an appropriate basis.

2 Income from Donations and Legacies

Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds 2023
£	£	£	£	£
Donation and gifts	39,034	-	-	39,034
	39,034	-	-	39,034

3 Expenditure on Charitable Activities

Analysis	Total funds 2023
£	£
Charity running cost	16,529
Legal/professional fees	21,127
	37,656

4 Debtors: Amounts falling due within one year

	Total funds 2023
	£
Other debtors	750
	750

5 Cash at bank and in hand

	Total funds 2023
	£
Cash at bank and on hand	628
	628

6 Charity funds

6.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
£	£	£	£	£	£	£
Unrestricted funds						
	-	39,034	(37,656)	-	-	1,378
Total	-	39,034	(37,656)	-	-	1,378