

ADHDADULTUK

England & Wales · Charity number 1197347

Details

Other names	ADHDADULTUK
Status	Registered
Legal form	CIO
Registered	2022-01-05
Register	View on the Charity Commission register

Contact

Address	44 Bhullar Way Oldbury 44 Bhullar Way B69 2GL
Phone	07474650595
Email	adhdadultuk@gmail.com
Website	ADHDadult.uk

Activities

Objects: THE RELIEF OF THOSE IN THE UK WITH ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER) BY RAISING PUBLIC AWARENESS, ENGAGING WITH POLICY MAKERS, PROVIDING COACHING, SUPPORT GROUP MEETINGS AND PSYCHOEDUCATION FOR ADULTS WHO HAVE, OR SUSPECT THEY MAY HAVE ADHD, AND TRAINING FOR HEALTHCARE PROFESSIONALS.

Activities: The charity provides support for adults with ADHD or who suspect they have ADHD. This support comes in the form of psychoeducational, advice and guidance.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£21,543	£3,215	-	-
2024-04-01	£16,550	£3,200	-	-
2023-04-01	£4,048	£1,181	-	-

Trustees

Name	Role	Appointed
Dr James Brown	Chair	2022-01-04
Caroline Sheila Morris MacIntosh		2025-09-27
Dr Alex Conner PhD FSB		2022-01-04
Dr Nicholas John Britchford		2022-09-23
Elisabeth Conner		2022-01-04
Laura Lenox		2024-02-06
Samantha Brown		2022-01-04

ADHDADULTUK

England & Wales - Charity number 1197347

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	02	04	2024		01	04	2025

Section A Reference and administration details

Charity name ADHDadultUK

Other names charity is known by

Registered charity number (if any) 1197347

Charity's principal address 44 Bhullar Way

Oldbury

West Midlands

Postcode

B69 2GL

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	Professor James Brown	Chairman		
2	Dr Alex Conner			
3	Samantha Brown	Treasurer		
4	Elisabeth Conner			
5	Sarah Turner			
6	Dr Nicholas Britchford			
7	Laura Lenox			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

<p>All trustees are subject to an enhanced DBS check and are provided with a copy of the constitution and all policies.</p>

Summary of the objects of the charity set out in its governing document

For the public benefit, the education, support and assistance of adults who have or suspect they may have attention deficit hyperactivity disorder (ADHD) by raising public awareness, engaging with policy makers, providing coaching, support group meetings and psychoeducation for adults with ADHD, and training for healthcare professionals.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Production of evidence-based information on ADHD in adults for the general public to access via our charity website and social media.

The charity runs an online community, manned by volunteers, where service users can support one another and speak directly to volunteers.

The charity provides talks on ADHD at conferences and in Workplaces.

The charity produced a 'State of the Nation' survey, providing vital insights into the lived experiences of adults with ADHD in the UK.

Our Chairman contributed to helping to shape the findings of the NHS England Independent ADHD Taskforce Interim report.

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The charity has produced evidence-based information on ADHD in adults and made this available on our charity website and social media accounts.

The charity runs an online community, manned by volunteers, where service users can support one another and speak directly to volunteers. The server now supports over 6000 adults.

The charity has provided talks on ADHD at conferences and in workplaces and has provided evidence-based information to the media on numerous occasions.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does not hold a reserve.

Details of any funds materially in deficit

Not applicable.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F


Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Samantha Jane Brown	
Position (eg Secretary, Chair, etc)	Trustee	
Date	27-09-25	



Receipts and payments accounts

CC16a

For the period
from

02/04/2024

To

01/04/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	21,543	-	-	21,543	12,890
Revenue		-	-	-	3,564
Refunds		-	-	-	96
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total (Gross income for AR)	21,543	-	-	21,543	16,550
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21,543	-	-	21,543	16,550
A3 Payments					
Bank charges	68	-	-	68	70
DBS checks	54	-	-	54	395
Equipment	-	-	-	-	635
Expenses		-	-	-	400
Web hosting	0	-	-	-	94
Insurance	0	-	-	-	253
Website	126	-	-	126	12
Stationery		-	-	-	125
Campaigning	0	-	-	-	110
Discord	0	-	-	-	79
Software	1052	-	-	1,052	40
Charity mobile phone	6	-	-	6	16
Postage	0	-	-	-	19
Social media	713	-	-	713	713
London marathon	0	-	-	-	240
Promotional material	201	-	-	201	-
ICO payments	35	-	-	35	-
NHS training course	960	-	-	960	-
Sub total	3,215	-	-	3,215	3,200
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,215	-	-	3,215	3,200
Net of receipts/(payments)	18,328	-	-	18,328	13,350
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,218	-	-	16,218	2,867
Cash funds this year end	34,546	-	-	34,546	16,218

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance of cash in bank 03/10/24	34546	-	-
		-	-	-
		-	-	-
	Total cash funds	34,546	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Laptop	Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Samantha Brown	12/05/2025

ADHDADULTUK

England & Wales - Charity number 1197347

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	02	04	2023		01	04	2024

Section A Reference and administration details

Charity name ADHDadultUK

Other names charity is known by

Registered charity number (if any) 1197347

Charity's principal address

44 Bhullar Way
 Oldbury
 West Midlands
Postcode B69 2GL

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	Professor James Brown	Chairman		
2	Dr Alex Conner			
3	Samantha Brown			
4	Elisabeth Conner			
5	Sarah Turner			
6	Dr Nicholas Britchford			
7	Baron Tom Watson		Up to 06/02/24	
8	Dame Yve Buckland		Up to 06/02/24	
9	Daley Jones		Up to 06/02/24	
10	Dr Eric Hill		Up to 06/02/24	
11	Laura Lenox		06/02/24 onwards	
12	Christine Thomas	Secretary & Treasurer	06/02/24 onwards	
13				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
	Tom Watson	
	Yve Buckland	
	Daley Jones	

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

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing trustees

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>All trustees are subject to an enhanced DBS check and are provided with a copy of the constitution and all policies.</p>
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Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, the education, support and assistance of adults who have or suspect they may have attention deficit hyperactivity disorder (ADHD) by raising public awareness, engaging with policy makers, providing coaching, support group meetings and psychoeducation for adults with ADHD, and training for healthcare professionals.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Production of evidence-based information on ADHD in adults for the general public to access via our charity website and social media.

Service users have been given help and advice via email and social media where they speak directly to volunteers.

The charity runs an online community, manned by volunteers, where service users can support one another and speak directly to volunteers.

The charity provides talks on ADHD at conferences and in workplaces

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The charity has produced evidence-based information on ADHD in adults and made this available on our charity website and social media accounts.

Service users have been given help and advice via email and social media where they speak directly to volunteers.

The charity runs an online community, manned by volunteers, where service users can support one another and speak directly to volunteers. The server now supports over 5000 adults.

The charity has provided talks on ADHD at conferences and in workplaces and has provided evidence-based information to the media on numerous occasions.

The charity responded to a request to contribute to the review of the NICE guidelines on ADHD.

The charity has been involved in discussions on the Disability confidence scheme.

The charity responded to several thousand requests for help and information and delivered several talks to industry.

The charity was nominated for an award by its service users in the National Diversity Awards.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does not hold a reserve.

Details of any funds materially in deficit

Not applicable.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


Section F**Other optional information**

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Section G**Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Samantha Jane Brown	
Position (eg Secretary, Chair, etc)	Trustee	
Date	11-04-24	



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	02	04	2023		01	04	2024

Section A Reference and administration details

Charity name ADHDadultUK

Other names charity is known by

Registered charity number (if any) 1197347

Charity's principal address 44 Bhullar Way

Oldbury

West Midlands

Postcode

B69 2GL

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)
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2	Dr Alex Conner			
3	Samantha Brown			
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5	Sarah Turner			
6	Dr Nicholas Britchford			
7	Baron Tom Watson		Up to 06/02/24	
8	Dame Yve Buckland		Up to 06/02/24	
9	Daley Jones		Up to 06/02/24	
10	Dr Eric Hill		Up to 06/02/24	
11	Laura Lenox		06/02/24 onwards	
12	Christine Thomas	Secretary & Treasurer	06/02/24 onwards	
13				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
	Tom Watson	
	Yve Buckland	
	Daley Jones	

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

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Section B Structure, governance and management

Description of the charity’s trusts

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Section C

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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

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Service users have been given help and advice via email and social media where they speak directly to volunteers.

The charity runs an online community, manned by volunteers, where service users can support one another and speak directly to volunteers.

The charity provides talks on ADHD at conferences and in workplaces

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

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Service users have been given help and advice via email and social media where they speak directly to volunteers.

The charity runs an online community, manned by volunteers, where service users can support one another and speak directly to volunteers. The server now supports over 5000 adults.

The charity has provided talks on ADHD at conferences and in workplaces and has provided evidence-based information to the media on numerous occasions.

The charity responded to a request to contribute to the review of the NICE guidelines on ADHD.

The charity has been involved in discussions on the Disability confidence scheme.

The charity responded to several thousand requests for help and information and delivered several talks to industry.

The charity was nominated for an award by its service users in the National Diversity Awards.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does not hold a reserve.

Details of any funds materially in deficit

Not applicable.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


Section F**Other optional information**

--

Section G**Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Samantha Jane Brown	
Position (eg Secretary, Chair, etc)	Trustee	
Date	11-04-24	

ADHDADULTUK

England & Wales - Charity number 1197347

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	05	01	2022		01	04	2023

Section A Reference and administration details

Charity name

ADHDadultUK

Other names charity is known by

Registered charity number (if any)

1197347

Charity's principal address

44 Bhullar Way
 Oldbury
 West Midlands
 Postcode **B69 2GL**

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	Dr Alex Conner	Chairman		
2	Professor James Brown	Secretary		
3	Samantha Brown	Treasurer		
4	Elisabeth Conner			
5	Sarah Turner			
6	Dr Nicholas Britchford			
7	Tom Watson			
8	Yve Buckland			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
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- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

<p>For the public benefit, the education, support and assistance of adults who have or suspect they may have attention deficit hyperactivity disorder (ADHD) by raising public awareness, engaging with policy makers, providing coaching, support group meetings and psychoeducation for adults with ADHD, and training for healthcare professionals.</p>

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity has produced evidence-based information on ADHD in adults and made this available on our charity website and social media accounts.

Service users have been given help and advice via email and social media where they speak directly to volunteers.

The charity set up an online community, manned by volunteers where service users can support one another and speak directly to volunteers.

The charity has provided talks on ADHD at conferences and in workplaces and has provided evidence-based information to the media on numerous occasions.

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The charity responded to 946 requests for help and information and delivered 7 talks to industry. The charity was nominated for an award by its service users in the National Diversity Awards.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does not hold a reserve.

Details of any funds materially in deficit

Not applicable.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F


Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Samantha Brown	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	15/01/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

ADHDadultUK 1197347

CC16a

Receipts and payments accounts

For the period from 05/01/2022 To 01/04/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	4,048	-	-	4,048	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,048	-	-	4,048	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,048	-	-	4,048	-
A3 Payments					
Bank charges	28	-	-	28	-
PayPal charge	6	-	-	6	-
DBS checks	191	-	-	191	-
Social media management	432	-	-	432	-
Web hosting	428	-	-	428	-
Insurance	96	-	-	96	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,181	-	-	1,181	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,181	-	-	1,181	-
Net of receipts/(payments)	2,867	-	-	2,867	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,867	-	-	2,867	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance of cash in bank 01/04/2023	2867	-	-
		-	-	-
		-	-	-
	Total cash funds	2,867	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval



Samantha Brown

02/02/2024