



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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17				
18				
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
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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.

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

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



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Signature(s)



Full name(s)

Samantha Jane Brown

Position (eg Secretary, Chair,
etc)

Trustee

Date

11-04-24