

ADHDAF+ Annual report 2024 -25

Charity (Registered Charity Number - 1208650)

Chair's Annual Report - year ending April 2025

ADHDAF+ Charity (Registered Charity Number - 1208650)

1 Introduction

I am pleased to present the Chair's Report for the year ending April 2025. This report outlines the activities, governance, and financial position of ADHDAF+ during the reporting period. The trustees have continued to work in accordance with our charitable objectives and in line with the Charity Commission's guidance on public benefit.

This is our first Annual Report and reflects what was achieved in the first year when we were launching the Charity.

2 Objectives and Activities

ADHDAF+ is established for the public benefit to relieve the needs of and promote equality and diversity of people affected by ADHD in England, Scotland and Wales, who may face discrimination on the grounds of sex and gender, in particular but not exclusively trans women, cisgender women, trans men and non-binary people (covered by the term 'marginalised genders'), by:

- a) providing peer support and advocacy with the aim of preserving and protecting the physical and mental health of such people;
- b) advancing education about the impact of ADHD in adulthood and raising public awareness to effect change in areas such as healthcare, employment, and post-18 education and raising awareness in equality and diversity;
- c) promoting research into the experience of people affected by ADHD, who may face discrimination on the grounds of sex and gender, and publishing the results to the public;
- d) eliminating discrimination on the grounds of gender, disability and sexual orientation;
- e) cultivating a sentiment in favour of equality and diversity.

This was our first year of operation and we were just starting out, our key activities were focussing on establishing policies and processes for the management of the charity, raising the profile of the charity and encouraging donations, as well as working to establish Peer Support Groups.

3 Achievements and Performance

During our first year we introduced our first two ADHDAF+ Peer Support Groups in Aberdeen and Edinburgh. These regular monthly sessions provided an environment for adults of marginalised genders to connect with like-minded individuals and to share and discuss common issues and challenges.

These groups also assisted us with developing a framework to build upon in the future and put in place a structure for organising, publicising future groups and methods for gathering feedback from both the attendees and facilitators to enable us to measure success and continue to improve.

4 Governance and Management

The charity is governed by a board of trustees who are responsible for strategic oversight, compliance, and ensuring that the charity operates effectively and lawfully.

Trustee Changes

James Robinson resigned due to other commitments.

Kim Pierpoint was appointed as Treasurer.

Governance Activities

During the year the trustees met quarterly to oversee the charity's governance, reviewed key policies including safeguarding and financial controls and monitored financial performance. The board oversaw volunteer recruitment and induction, and ensured compliance with Charity Commission requirements."

5 Financial Review

The financial statements for the year show:

- Total income: £2718.91
- Total expenditure: £179.42

Income

- Donations: £2718.91

Expenditure

- Charitable activities: £170.00
- Support and administrative costs: £9.42

Reserves Policy

The charity has yet to set this amount given that this is the first year. This will be agreed and set prior to the next Annual Report.

6 Risk Management

Again, as the Charity is still in the early stages this has not been finalised but the process will be in place for reporting on the next Annual Report

7 Future Plans

The trustees intend to focus on the following priorities in the coming year:

- Establish ten new Peer Support Groups by April 2026, which will in turn increase the number of volunteer Group Facilitators.
- Further develop support and processes for the new groups and new facilitators
- Bringing on dedicated volunteers to support trustees and the founder
- Establish and develop the founders role.
- Planning for a number of fundraising and awareness events
- Applying for grants to help support these projects

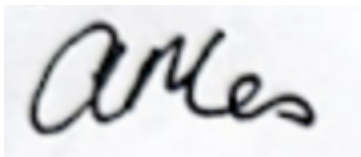
These plans are aligned with the charity's long-term strategy and its commitment to delivering public benefit.

8 Acknowledgements

The trustees wish to record their thanks to our dedicated volunteers, supporters and beneficiaries for their engagement and feedback; and to all our donors and fundraisers.

9 Statement of Approval

This report was approved by the Board of Trustees on 30/01/2026 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'A Mears', on a light blue background.

Amanda Mears

Chair of Trustees - ADHDADF+ Charity

ADHDAF+ Annual Accounts 2024/2025

Transaction D Transaction Type	Sort Code	Account Num	Transaction Description	Debit Amount	Credit Amount	Balance
31/3/2025 Faster Payment Incoming (FPI)	'30-99-50	51550862	JUSTGIVING 4379439 ADHDAF T/A 8960074284611366CN 165050 40 31MAR25 16:48		100	2539.49
27/3/2025 BGC	'30-99-50	51550862	CAFGYE41000827351 GYE41000827351		19.2	2439.49
18/3/2025 FPI	'30-99-50	51550862	JUSTGIVING 4359875 ADHDAF T/A 2623350354618156CN 165050 40 18MAR25 16:45		24.45	2420.29
17/3/2025 DD	'30-99-50	51550862	HISCOX HISCOX PIB 8691116	9.42		2395.84
11/3/2025 FPI	'30-99-50	51550862	JUSTGIVING 4342421 ADHDAF T/A 7137179384021159CN 165050 40 11MAR25 20:48		4.75	2405.26
10/3/2025 FPI	'30-99-50	51550862	JUSTGIVING 4334860 ADHDAF T/A 9662375574020139CN 165050 40 10MAR25 20:47		101.39	2400.51
4/3/2025 FPI	'30-99-50	51550862	JUSTGIVING 4332160 ADHDAF T/A 6402327391714060CN 165050 40 04MAR25 17:19		21.84	2299.12
3/3/2025 FPI	'30-99-50	51550862	JUSTGIVING 4320446 ADHDAF T/A 3030495294413066CN 165050 40 03MAR25 14:49		21.32	2277.28
3/3/2025 FPI	'30-99-50	51550862	JACOB KELLY ADHDFATHERUK EVENT REV408255085393377 040075 10 01MAR25 10:38		65	2255.96
27/2/2025 Bnk Giro Credit (BGC)	'30-99-50	51550862	CAFGYE41000827351 GYE41000827351		19.2	2190.96
25/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4314983 ADHDAF T/A 3324010391915222CN 165050 40 25FEB25 19:19		40.11	2171.76
20/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4310136 ADHDAF T/A 0167298574120250CN 165050 40 20FEB25 21:47		157.46	2131.65
18/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4302004 ADHDAF T/A 8934413291128131CN 165050 40 18FEB25 21:19		51.73	1974.19
17/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4297240 ADHDAF T/A 2023277181127126CN 165050 40 17FEB25 21:18		154.42	1922.46
12/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4291399 ADHDAF T/A 2662835591302135CN 165050 40 12FEB25 03:19		22.06	1768.04
10/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4278062 ADHDAF T/A 8984359484020126CN 165050 40 10FEB25 20:48		298.17	1745.98
3/2/2025 FPI	'30-99-50	51550862	JUSTGIVING 4274982 ADHDAF T/A 4944113105513064CN 165050 40 03FEB25 15:50		9.51	1447.81
28/1/2025 FPI	'30-99-50	51550862	JUSTGIVING 4270567 ADHDAF T/A 3813071384818240CN 165050 40 28JAN25 18:48		13.06	1438.3
27/1/2025 FPI	'30-99-50	51550862	JUSTGIVING 4262582 ADHDAF T/A 9414238284127218CN 165050 40 27JAN25 21:48		51.17	1425.24
21/1/2025 FPI	'30-99-50	51550862	JUSTGIVING 4260279 ADHDAF T/A 6944170491811248CN 165050 40 21JAN25 18:19		9.5	1374.07
20/1/2025 FPI	'30-99-50	51550862	JUSTGIVING 4253459 ADHDAF T/A 7740464474410252CN 165050 40 20JAN25 14:47		161.64	1364.57
14/1/2025 FPI	'30-99-50	51550862	JUSTGIVING 4247823 ADHDAF T/A 7847717291514112CN 165050 40 14JAN25 15:19		200.35	1202.93
13/1/2025 FPI	'30-99-50	51550862	JUSTGIVING 4235988 ADHDAF T/A 4321040371413139CN 165050 40 13JAN25 14:17		141.58	1002.58
6/1/2025 Faster Payment Outgoing (FPO)	'30-99-50	51550862	JACOB KELLY 100000001477526350 LOGO 040075 10 05JAN25 16:28	170		861
23/12/2024 FPI	'30-99-50	51550862	JUSTGIVING 4217853 ADHDAF T/A 4610554584713252CN 165050 40 23DEC24 17:48		30	1031
16/12/2024 FPI	'30-99-50	51550862	JUSTGIVING 4196761 ADHDAF T/A 4386849391316137CN 165050 40 16DEC24 13:19		130.33	1001
11/12/2024 FPI	'30-99-50	51550862	JUSTGIVING 4183681 ADHDAF T/A 5798627361911139CN 165050 40 11DEC24 19:16		283.54	870.67
2/12/2024 FPI	'30-99-50	51550862	JUSTGIVING 4174253 ADHDAF T/A 0230396174412063CN 165050 40 02DEC24 14:47		352.13	587.13
14/10/2024 FPI	'30-99-50	51550862	G WOOD SKYDIVE DONATIONS 500000001439137467 308822 10 13OCT24 13:50		235	235
				179.42	2718.91	