

Dopamine Dolls

TRUSTEES' ANNUAL REPORT

JUN' 2023 - JUL' 2024

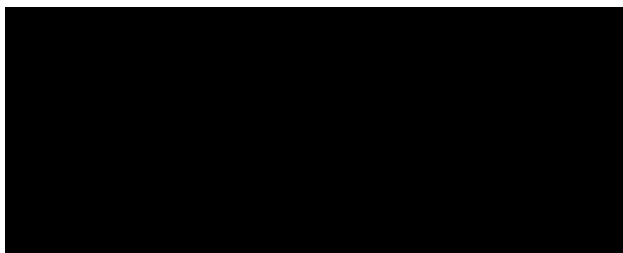


Scottish Charity Number: SC052659

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31 Bruce Gardens, Inverness, IV3 5EN

Charity Trustees



Objectives and Activities

Dopamine Dolls was founded to create a supportive, empowering space for women and non-binary individuals with ADHD in the Scottish Highlands. Our purpose, as outlined in our governing document, is to build a community where individuals with ADHD can connect, share experiences, and develop the tools to embrace their neurodiversity. We envision a world where individuals with ADHD feel valued and where barriers to support and understanding are actively dismantled.

Our Aims:

- Empower women and non-binary individuals with ADHD by fostering a safe, supportive community.
- Raise awareness about ADHD in adults, especially in remote and rural communities where support resources are limited.
- Break down stigma surrounding ADHD, encouraging acceptance, understanding, and celebration of neurodiversity.

What We Do:

Our charity provides peer-led support services, workshops, and community-building events that focus on equipping members with the tools and strategies they need to navigate life with ADHD. Our primary service is peer support, which brings together individuals with shared experiences to provide mutual support, a sense of acceptance, and an open space to share resources.

Throughout the year, Dopamine Dolls has organised a variety of impactful programs, including:

- Peer support groups that provide a safe environment for members to share experiences, seek advice, and foster friendships.
- Workshops on topics like self-management, mental wellness, and resilience, designed to help individuals manage their ADHD in daily life.
- Collaborative events with other local organisations, such as our recent partnership with Midnight Majic, to create a dynamic mix of workshops that promote creativity and mental well-being.
- Research events with Glasgow University, exploring ways in which neurodiversity impacts women and identifying areas where further research is required.

Who We Help:

Our services are open to women and non-binary individuals who either have an ADHD diagnosis or who experience ADHD-related traits. Understanding that diagnosis can be challenging to obtain, especially in remote areas like the Scottish Highlands, we welcome members regardless of their diagnostic status. By focusing on populations who often feel misunderstood in mainstream support systems, we provide a welcoming community that values each individual's unique experiences and strengths.

Expanding Our Impact: Goals for the Coming Year

In response to growing interest, we have been working to develop Dopamine Dudes, a peer support group specifically for adult men with ADHD. This new group will address a need we've recognised within the ADHD community for men to find a supportive environment where they can connect, share, and access tools for managing ADHD. Dopamine Dudes will launch in the upcoming year, and we look forward to welcoming men into a supportive network that echoes our core values of understanding, community, and empowerment.

Reflecting on the Year

The past year has seen incredible growth and positive impact across our community. Through our support groups and events, we've received feedback from our members that highlights the immense value of having a place to belong. Our collaborative events have allowed us to reach even more individuals, bridging the gap between creative expression and ADHD support. We're especially grateful to our volunteers and trustees, whose dedication makes our work possible.

Looking Forward

In the coming year, our goal is to continue expanding our programs and building connections that empower all individuals with ADHD. By providing ongoing volunteer development opportunities, creating new community-based events, and launching Dopamine Dudes, we hope to continue growing our impact. We remain committed to building a society that truly understands, supports, and celebrates adults with ADHD.

Structure, Governance and Management

Dopamine Dolls operates under a single-tier constitution, which serves as our charity's governing document. This written statement outlines our charity's purpose, structure, and provides clear guidelines on how we operate. The constitution is a foundational document that ensures all activities, decisions, and management practices align with our mission to support and empower adults with ADHD, particularly women and non-binary individuals in the Scottish Highlands.

Our trustees are committed to upholding the constitution and ensuring that all actions taken by the charity comply with the guidelines and requirements set forth in this document. This includes maintaining transparency, accountability, and integrity across all levels of our organisation.

Trustee Recruitment and Appointment

This year, Dopamine Dolls did not recruit new trustees, as our existing board continued to provide strong leadership with a valuable mix of skills and experiences tailored to the needs of our charity. Each of our current trustees was selected based on their unique expertise and a shared commitment to supporting neurodiverse communities, particularly those in remote areas like the Scottish Highlands. Their backgrounds range from mental health, advocacy, social care, third sector legislation, and finance and resource management, which has significantly contributed to our success and community impact this past year.

Looking Ahead: Our Future Recruitment Plans

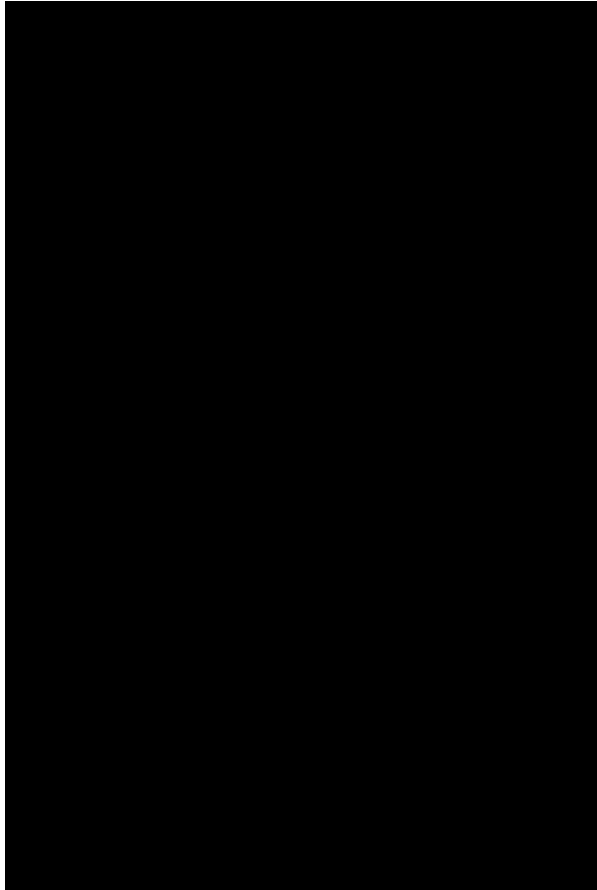
As we plan for the coming year, we recognise the importance of diversifying our board to further strengthen our ability to meet Dopamine Dolls' aims. We intend to undertake an open and inclusive recruitment process to bring new voices and perspectives to our board. Our future recruitment process will include:

- Open announcements across our networks, social media, and local community groups to reach a broad range of potential candidates.
- A transparent selection process, with a focus on individuals who share our commitment to supporting the ADHD community and who bring relevant skills, particularly in areas like community outreach, fundraising, and advocacy.
- Interviews with a trustee panel to ensure that candidates align with our mission, values, and vision for the charity's future.

We believe a more diverse board will strengthen our charity, enhance our decision-making, and ensure we remain responsive to the needs of our community. By bringing together a variety of experiences and skills, we'll be better positioned to grow our reach, adapt to challenges, and deliver impactful support to adults with ADHD. Through this upcoming recruitment, we hope to build a board that truly reflects and amplifies the voices of those we serve.

Achievements and Performance

This year, Dopamine Dolls carried out a variety of activities aimed at building a supportive and inclusive community for women and non-binary individuals with ADHD. Our core activities have included:



Peer Support Groups:

These regular sessions provided safe spaces for members to connect, share their experiences, and receive support from others who understand the unique challenges of living with ADHD.

Workshops and Skill-Building Events:

We hosted several workshops covering topics such as time management, emotional regulation, self-care, and navigating ADHD in the workplace. These events empowered our members with practical tools and strategies.

Collaborative Events:

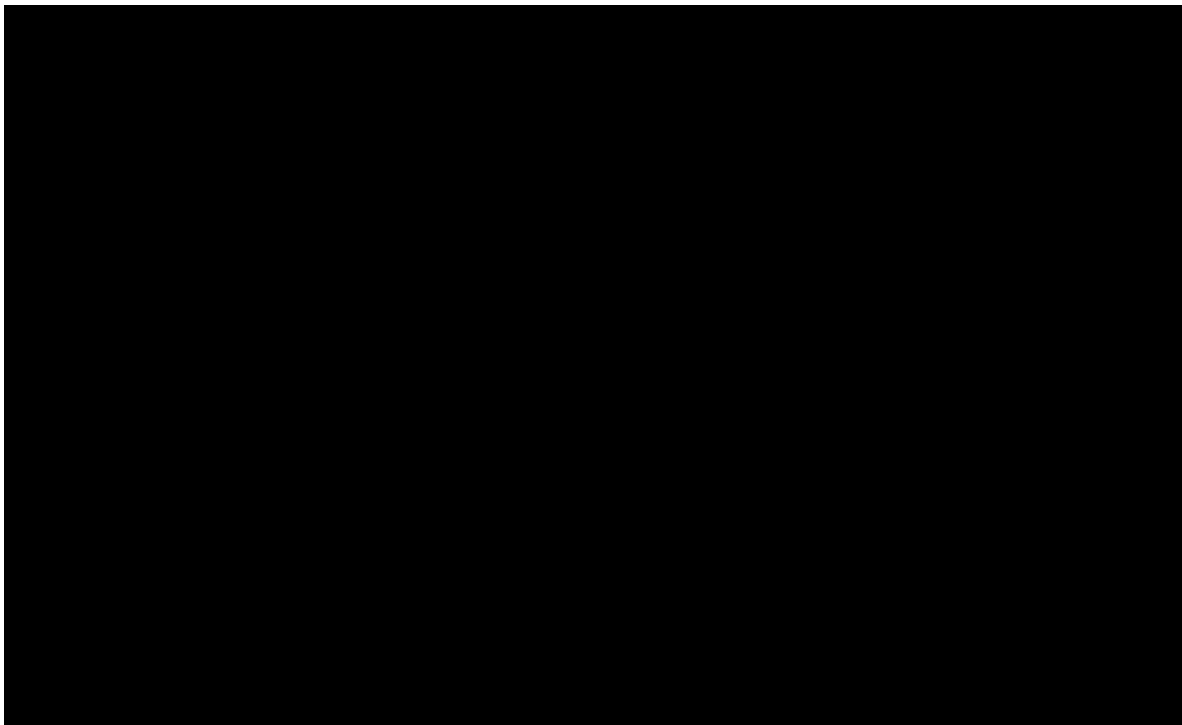
A highlight was our recent collaboration with Midnight Majic, where we organised a day of creative workshops that combined mental well-being with artistic expression. This event raised awareness about adult ADHD, fostered community connections, and was an incredible success.

Our Biggest Successes:

- **Strengthening Community Connections:** Feedback has shown that members feel more connected, understood, and supported since joining our community. Many have expressed that Dopamine Dolls has given them a sense of belonging they didn't previously have.

- **Growth in Attendance and Engagement:** Our peer support groups and workshops have seen a steady increase in attendance, showing the growing demand for safe spaces tailored to adults with ADHD. The collaboration with Midnight Majic attracted a large turnout and boosted awareness of our cause.

- **Enhanced Awareness of ADHD in Adults:** Through our events, social media, local press coverage, and collaborations, we've reached a wider audience, helping to break down stigmas surrounding ADHD and bring attention to the unique challenges faced by women and non-binary individuals.



Our work has made a meaningful difference to our members in a variety of ways:

- **Reduced Feelings of Isolation:** By providing safe, peer-led spaces, Dopamine Dolls has helped members feel less isolated and more understood. Many members report an increased sense of belonging and confidence in their own abilities.

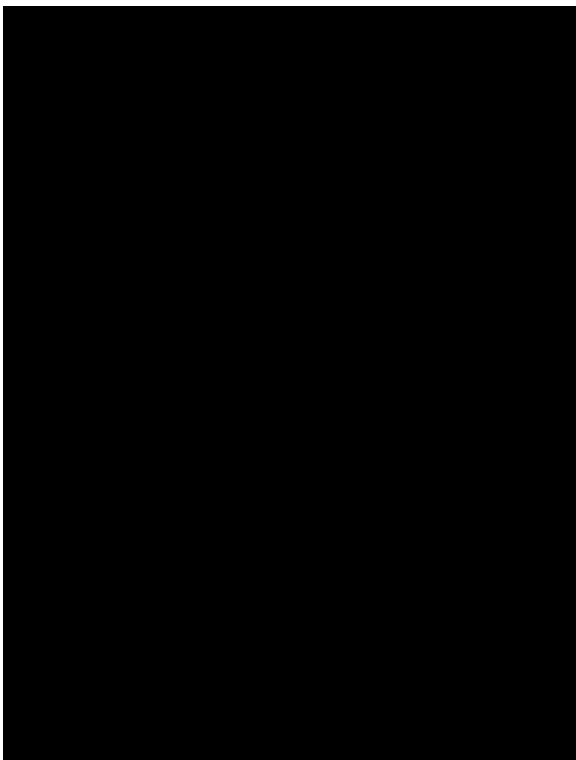
- **Improved Mental Well-Being:** Access to support, understanding, and relevant resources has contributed to members feeling less overwhelmed and more equipped to handle daily challenges.

- Empowerment Through Education: Our workshops and events have equipped members with practical tools that help in managing ADHD-related challenges, empowering them to take charge of their personal and professional lives.

Our Volunteers and Their Achievements

Our volunteers are the heart of Dopamine Dolls. From coordinating events to running support sessions, each volunteer brings a unique set of skills and a shared passion for making a difference. Some key achievements this year include:

- Event Planning and Execution: Volunteers played a critical role in organising and executing events, including the highly successful collaboration with Midnight Majic and our recent HyperFixation swap Party.



Support Group Facilitation: Our peer support groups are largely volunteer-run, with facilitators dedicating time to creating a welcoming and open space for all members.

Community Outreach: Volunteers have been instrumental in spreading the word about Dopamine Dolls, raising awareness both in-person and online, and encouraging more individuals to join our growing community.

Press Coverage: Our volunteers have also worked to develop good connections with local and national new publications, creating a number of features and mentions of Dopamine Dolls within

newspapers both online and in print.

We are incredibly proud of our volunteers' commitment and contributions. Their dedication has been essential to Dopamine Dolls' success, and their achievements continue to drive our mission forward, one supportive connection at a time.

Financial Review

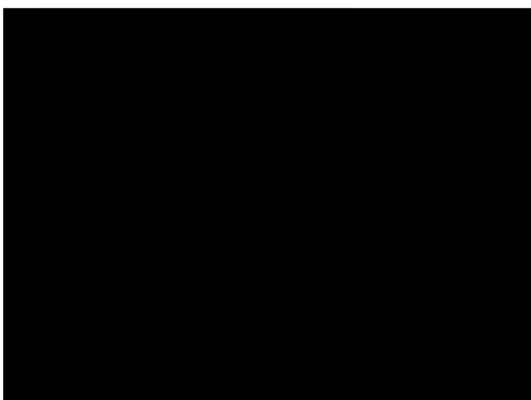
At Dopamine Dolls, we have a policy of holding reserves equivalent to three months' operating costs. This level allows us to manage any unexpected financial challenges and ensures continuity of our core support group services without disruption.

As a newly established charity, Dopamine Dolls has experienced a minor deficit on our general operating fund. This shortfall primarily stems from the initial setup costs involved in establishing our programs and services, which were necessary to build a sustainable foundation. Trustees are actively addressing the deficit through targeted fundraising initiatives, applications for unrestricted funding, and cost management strategies to restore the fund balance.

We are fortunate to receive several generous donations of facilities and services. Local community centres and cafes have provided event spaces at reduced or no cost for our support groups and workshops, and a local printing service has offered discounted rates on printed materials for promotional and educational resources. Additionally, we receive professional services on a volunteer basis, including marketing support and mental health expertise, which help us enhance our outreach and program quality. These contributions are invaluable in enabling us to maximise our impact and reach within our community.

Declaration

Signed on behalf of the charity trustees:



Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year					-	
	Surplus / (deficit) shown on receipts and payments account	(52)	2,033			1,981	
						-	
						-	
	Cash and bank balances at end of year	(52)	2,033	-	-	1,981	-
	(Agree balances with receipts and payments account(s))						

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
		Total	-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
		Total	-	-	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
		Total	-	-

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
		Total	-	-

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

Signature

Print Name

Date of approval

14/03/2025
14/3/25