REGISTERED CHARITY NUMBER: 1188365

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 December 2025

for

ADHD UK

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

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for the Year Ended 31 December 2025

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Report of the Trustees
for the Year Ended 31st December 2025

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's mission is unchanged: to help those affected by ADHD thrive, and to positively change what it means to have ADHD in the UK. We pursue it through five goals:

1. **Information**: accurate, pertinent, quality information for people with ADHD, their carers and professionals.
2. **Support**: emotional and informational support through support groups, advice clinics, online communities and email.
3. **Research**: supporting, undertaking or enabling research that will have a meaningful positive impact on those affected by ADHD.
4. **Advocacy**: advocating for people with ADHD in employment, education, government and healthcare.
5. **Awareness**: raising awareness and understanding, and removing stigma and discrimination.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

The charity aims to support the maximum number of people it can and aims to minimize barriers to access. In particular minimizing financial barriers to access - that means much of our work is available for free online or available on a donate-if-you-can basis.

Support

We ran around 500 online support groups and drop-in advice clinics during the year, covering more than 60 topics. They range from general groups to specific ones such as ADHD and Women, ADHD and Men, ADHD and Retirement, ADHD and Money, newly diagnosed adults, and parents of children with ADHD. The groups are led by people with relevant expertise who generously give their time, and are free with the option to donate. Our online communities, including our Facebook group, continued to give people a safe place to connect, thanks to our volunteer moderators.

Information

Our website remains our main way of reaching people. It provides free information on ADHD, our adult ADHD screener, and guidance on getting an assessment, including the NHS Right to Choose route. Every page carries a "Give feedback on this page" link, so readers help us keep the information accurate.

Global ADHD Conference

We held the fourth annual Global ADHD Conference on 2 and 3 October 2025, a free live stream run around the clock with partner charities around the world, including ADHD Australia and Unlocking ADHD (Singapore). It is, as far as we know, the world's biggest ADHD conference. It drew more than 6,000 registrations from over 100 countries, and the sessions remain free to watch on YouTube.

Advocacy and policy

- We gave oral evidence to Parliament's Health and Social Care Committee in June 2025 on ADHD services.
- We took part in NHS England's ADHD Taskforce, contributing the experience of people with ADHD to its interim and final reports.
- We joined a National Neurodiversity Roundtable in Parliament in November 2025.
- We continued to raise the impact of long assessment waits, Right to Choose, GP shared care and medication supply with decision-makers.

Research
We supported academic research by helping researchers reach people with ADHD, and joined research partnerships and advisory groups, including a doctoral studentship with King's College London.

Awareness and media
We were regularly asked to explain ADHD and speak for people affected by it. During 2025 we appeared on outlets including BBC Breakfast, BBC Radio 4, BBC Radio 5 Live, Times Radio and LBC, and in The Guardian, The Times, the Financial Times and The Independent. By the end of the year more than 140 volunteer ambassadors with lived experience of ADHD were representing the charity, sharing their stories in the media and in their communities.

FINANCIAL REVIEW

Financial position

ADHD UK has had a very good year in terms of the income it has generated but importantly in the support it has been able to provide to those who suffer from ADHD.

ADHD UK's diversification of its income streams has produced positive results for the Charity. Having lost a major donor in 2023, which caused considerable strain for the Charity, the current income strategy shows the Charity to be far more resilient than before and exposed to less risk. A bright future can be expected.

ADHD UK has been substantially reliant on donations from the public, via its many donation platforms, receiving donations of £286,577 during 2025 (£152,338 - 2024). In addition, the Charity received funds of £32,201 from merchandise sales and coaching sessions during 2025 (£23,970 - 2024). Investment income received in 2025 was £134 (£28 - 2024).

The combined total income for ADHD UK in 2025 was £318,912 for the year (£176,336 - 2024).

As the Charity grows, it has continued to expend resources on charitable activities, which included its coaching activities as well as continuing to focus more of its energies on support activities.

Day to day running costs have decreased to £104,643 for the year (£140,315 - 2024), the majority of the decrease being down to reduced staff costs. This has been achieved despite income increasing by just over 80%, a testament to the efficiency with which the Charity is currently being run.

ADHD UK continues to invest heavily in IT which enables the Charity to efficiently provide greater support and provide better awareness of ADHD UK and its activities.

Total expenditure on charitable activities in 2025 was £58,767 (£25,298 - 2024).

Overall expenditure increased slightly in 2025 to £222,247 (£202,732 - 2024), the main increase being expenditure on coaching sessions which were £41,546 for 2025 (£8,358 - 2024).

ADHD UK continues to grow and increase its reach and scope of services that it provides.

Reserves policy
The trustees aim to maintain free reserves in unrestricted funds at a level equal to approximately six months of unrestricted expenditure. This level gives the charity time to respond to changes in income while continuing its core support services. At the year end, free reserves were £110,301 equal to about 6 months of expenditure.

FUTURE PLANS
In the coming year the charity intends to:

- continue its online support groups, advice clinics and online communities;
- keep its information and assessment guidance up to date as NHS ADHD services change;
- run the Global ADHD Conference again with partner charities around the world;
- continue to represent people with ADHD in Parliament, with the NHS and in the media, with a focus on assessment waits, access to treatment and Right to Choose;
- strengthen the board by recruiting additional trustees; and
- keep income diverse and build reserves in line with the reserves policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
ADHD UK is a Charitable Incorporated Organisation (CIO), governed by its constitution dated 5 March 2020.

Recruitment and appointment of new trustees
Trustees are appointed by member vote. The board of trustees regularly reviews the skills and experience of members to ensure that, as the legal and operational backbone of the charity, the board is as strong as possible.

Volunteers
The charity relies on the generosity of its volunteers, including support group leaders, community moderators and ambassadors with lived experience of ADHD. The trustees are very grateful for their time and commitment.

Statement of trustees' responsibilities
The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and the Charities SORP (FRS 102). They are responsible for keeping proper accounting records, for safeguarding the assets of the charity, and for taking reasonable steps to prevent and detect fraud and other irregularities.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Charity number
1188365

Principal address
49 Greek Street
Westminster
London
W1D 4EG

Trustees
Dr M R Davie
N Mankey
L Jennings (appointed 16.1.26)

Independent Examiner

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

Approved by order of the board of trustees on 25 October 2026 and signed on its behalf by:

.....
Dr M R Davie - Trustee

Independent examiner's report to the trustees of ADHD UK

I report to the charity trustees on my examination of the accounts of ADHD UK (the Trust) for the year ended 31 December 2025.

Responsibilities and basis of report
As the charity trustees of the Charity 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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.

John Cordner (FCCA)

Hammond & Co
74 Blandford Road
Corfe Mullen
Wimborne
Dorset
BH21 3HQ

30 October 2026

ADHD UK

Statement of Financial Activities
for the Year Ended 31st December 2025

	Notes	Unrestricted funds £	31.12.25 Total funds £	31.12.24 Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	2	286,577	286,577	152,338
Other trading activities	3	32,201	32,201	23,970
Investment income	4	134	134	28
Total		318,912	318,912	176,336
EXPENDITURE ON				
Raising funds	5	58,837	58,837	37,119
Charitable activities	6 & 7			
Educational activities		13	13	75
Support costs		17,208	17,208	16,865
Coaching sessions		41,546	41,546	8,358
Other	8	104,643	104,643	140,315
Total		222,247	222,247	202,732
NET INCOME/(EXPENDITURE)		96,665	96,665	(26,396)
RECONCILIATION OF FUNDS				
Total funds brought forward		13,636	13,636	40,032
TOTAL FUNDS CARRIED FORWARD		110,301	110,301	13,636

Balance Sheet
31st December 2025

	Notes	Unrestricted funds £	Total funds £	Total funds £
FIXED ASSETS				
Tangible assets	11	1,958	1,958	2,643
CURRENT ASSETS				
Debtors and prepayments	12	2,675	2,675	430
Cash at bank and in hand		113,046	113,046	13,468
		115,721	115,721	13,898
CREDITORS				
Amounts falling due within one year	13	(7,378)	(7,378)	(2,905)
NET CURRENT ASSETS		108,343	108,343	10,993
TOTAL ASSETS LESS CURRENT LIABILITIES		110,301	110,301	13,636
NET ASSETS		110,301	110,301	13,636
FUNDS	14			
Unrestricted funds			110,301	13,636
Restricted funds			0	0
Endowment funds			0	0
TOTAL FUNDS			110,301	13,636

The financial statements were approved by the Board of Trustees and authorised for issue on 25 October 2026 and were signed on its behalf by:

.....
Dr M R Davie - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- in accordance with the property
Fixtures and fittings	- 33% on cost
Computer equipment	- 25% on reducing balance

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

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2. DONATIONS AND LEGACIES

	31.12.25	31.12.24
	£	£
Donations	286,577	152,338
Gift aid	-	-
	286,577	152,338

3. OTHER TRADING ACTIVITIES

	31.12.25	31.12.24
	£	£
Shop income	11,056	23,970
Coaching income	21,145	-
	32,201	23,970

4. INVESTMENT INCOME

	31.12.25	31.12.24
	£	£
Deposit account interest	134	28
	134	28

5. RAISING FUNDS

Raising donations and legacies

	31.12.25	31.12.24
	£	£
Staff costs	17,208	16,865
Just Giving Costs	562	562
Advertising	19,848	14,719
Funraising events	1,260	-
IT Expenditure	3,605	2,380
Raising funds	5,028	835
Website costs	2,544	1,758
Membership subscriptions	750	-
Room hire	975	-
Stripe fees	6,049	-
Purchases	1,008	-
	58,837	37,119

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note note 7)	Totals
	£	£
Educational activities	13	13
Support costs	17,208	17,208
Coaching sessions	41,546	41,546
	58,767	58,767

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.25	31.12.24
	£	£
Staff costs	17,208	16,865
Coaching sessions	41,546	8,358
Training	13	75
	58,767	25,298

8. OTHER

	31.12.25	31.12.24
	£	£
Staff costs	17,208	15,453
IT Expenditure	21,949	16,022
Sundry expenses	11	31
Printing and stationery	783	500
Postage	254	106
Travel and subsistence	515	447
Rent	-	15,731
Bank charges	489	313
Temporary staff	58,119	76,835
Other legal and professional	1,147	9,953
Support costs	4,168	4,924
	104,643	140,315

9. TRUSTEES' REMUNERATION AND BENEFITS

Trustees' expenses

There were no trustees' remuneration or other benefits for the year ended 31st December 2025 nor for the year ended 31st December 2024.

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM		
Donations and legacies	152,338	152,338
Other trading activities	23,970	23,970
Investment income	28	28
Total	176,336	176,336
EXPENDITURE ON		
Raising funds	37,119	37,119
Charitable activities		
Raising funds from donations and legacies	-	-
Educational activities	75	75
Support costs	16,865	16,865
Coaching sessions	8,358	8,358
Other	140,315	140,315
Total	202,732	202,732
NET INCOME/(EXPENDITURE)	(26,396)	(26,396)
RECONCILIATION OF FUNDS		
Total funds brought forward	40,032	40,032
TOTAL FUNDS CARRIED FORWARD	13,636	13,636

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11. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st January 2025	3,004	5,640	8,644
Additions	-	-	-
Disposals	-	-	-
At 31st December 2025	3,004	5,640	8,644
DEPRECIATION			
At 1st January 2025	2,972	3,029	6,001
Charge for year	32	653	685
Eliminated on disposal	-	-	-
At 31st December 2025	3,004	3,682	6,686
NET BOOK VALUE			
At 31st December 2025	0	1,958	1,958
At 31st December 2024	32	2,611	2,643

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25 £	31.12.24 £
Trade debtors	2,245	-
Prepayments	430	430
	2,675	430

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25 £	31.12.24 £
Trade creditors	3,486	937
Accruals	3,475	1,725
Other creditors	417	243
	7,378	2,905

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14. MOVEMENT IN FUNDS

	At 1.1.25 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	13,636	96,665	110,301
TOTAL FUNDS	13,636	96,665	110,301

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resouces expended £	Movement in funds £
Unrestricted funds			
General fund	318,912	(222,247)	96,665
	318,912	(222,247)	96,665
TOTAL FUNDS	318,912	(222,247)	96,665

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	40,032	(26,396)	13,636
	40,032	(26,396)	13,636
TOTAL FUNDS	40,032	(26,396)	13,636

continued...

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resouces expended £	Movement in funds £
Unrestricted funds			
General fund	176,336	(202,732)	(26,396)
	176,336	(202,732)	(26,396)
TOTAL FUNDS	176,336	(202,732)	(26,396)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	40,032	70,269	110,301
	40,032	70,269	110,301
TOTAL FUNDS	40,032	70,269	110,301

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resouces expended £	Movement in funds £
Unrestricted funds			
General fund	495,248	(424,979)	70,269
	495,248	(424,979)	70,269
TOTAL FUNDS	495,248	(424,979)	70,269

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025

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Detailed Statement of Financial Activities
for the Year Ended 31st December 2025

	31.12.25 Total funds £	31.12.24 Total funds £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	286,577	152,338
	286,577	152,338
Other trading activities		
Shop income	11,056	23,970
Coaching income	21,145	-
	32,201	23,970
Investment income		
Deposit account interest	134	28
Total incoming resources	318,912	176,336
EXPENDITURE		
Raising donations and legacies		
	1,008	-
Wages	16,664	16,000
Social security	123	447
Pension costs	421	418
Just Giving costs	562	562
Advertising	19,848	14,719
IT Expenditure	4,865	2,380
Memvership subscriptions	750	-
Raising funds	5,028	835
Room hire	975	-
Stripe fees	6,049	-
Website costs	2,544	1,758
	58,837	37,119

Detailed Statement of Financial Activities
for the Year Ended 31st December 2025

Charitable activities		
Wages	16,664	16,000
Social security	123	447
Pension costs	421	418
Sundries	-	-
Coaching sessions	41,546	8,358
Training	13	75
	58,767	25,298
Charitable activities		
Other		
Wages	16,663	16,000
Social security	123	(965)
Pension costs	422	418
IT Expenditure	21,949	16,022
Sundry expenses	11	31
Printing and stationery	783	500
Postage	254	106
Travel and subsistence	515	447
Rent	-	15,731
Bank charges	489	313
Temporary staff	58,119	76,835
Other legal and professional	1,147	9,953
	100,475	135,391
Support costs		
Other		
Insurance	626	559
Telephone	-	6
Sundries	113	384
Recycling anhd waste management	-	295
Fixtures and fittings depreciation	32	997
Computer equipment depreciation	653	870
	1,424	3,111
Other		
Governance costs		
Bookkeeping fees	1,344	-
Independent examiner's fee	1,400	1,813
	2,744	1,813
Total resources expended	222,247	202,732
Net (expenditure)/income	96,665	(26,396)