Annual Report and Financial Statements

ADHD Embrace

Charity Number 1188759

For the year ended 31 March 2026

Key information

Legal status	Charitable Incorporated Organisation Charity Number 1188759 (England & Wales)
Registered address	4th Floor Tuition House, 27 - 37 St George's Road, London SW19 4EU
Trustees	Annette Wilson (Chair) Dhavarajh Frank (Treasurer) Corinne Raux (Secretary) Katherine Virdi
Independent Examiner	Hartley Fowler LLP 27 - 37 St George's Road London SW19 4EU
Bank	HSBC UK Bank Plc Kingston Branch 90 Eden Street Kingston Upon Thames KT1 1DJ
Website & social media	https://adhdembrace.org/ @AdhdEmbrace @AdhdEmbraceUK adhd_embrace

Chair's statement

I am pleased to report that ADHD Embrace has continued to provide valuable support to families and professionals living and working with children and young people with ADHD. The strength of our offering is rooted in our specialist knowledge and expertise in ADHD that has been built up over twenty years and our close connections with the ADHD Embrace community we support. This combination of expertise and lived experiences informs both our services and our advocacy work.

The past year has brought significant change in the wider environment in which our community lives and in the way people access information and support. Against this backdrop, ADHD Embrace has continued to focus on its core purpose: helping young people with ADHD to be understood, supported and able to thrive.

Our advocacy role

The NHS Independent ADHD Taskforce, which reported in December 2025 provided a comprehensive review of ADHD services and made some important structural recommendations for Government consideration. We continue to believe that effective support for people with ADHD requires a coordinated approach across health, education, justice and other governmental departments to better support those with ADHD as the statistics around the outcomes of those unsupported are stark.

Education remains a particular area of concern. Proposed changes to the SEND system place greater focus on individual schools providing the support pupils need. The detail on the implementation will be critical however our experience in working with schools is that the understanding of ADHD and ability to consider individuals' needs vary significantly. We continue to see the consequences when appropriate support is not provided, with continued high numbers of exclusions, school avoidance and difficulties in achieving positive educational and longer-term outcomes. We believe that greater innovation in education and re-assessment of how we educate young people through engagement is essential if young people with ADHD are to develop their talents and ultimately thrive.

We continue to use our experience and relationships with local statutory services, schools and other organisations to advocate for better understanding and support for children and teenagers and their families affected by ADHD in order to positively impact them.

Supporting families and professionals

Our service provision remained strong during the year. However, we have seen changes in how our community engages with us and access information, particularly as social media and short form content have become increasingly sources of information. This creates both opportunities and challenges. There is a growing amount of ADHD-related content available online, including from influencers, but this also increases the risk of misinformation.

Our response is to continue providing trusted, practical and evidence-informed specialist ADHD support based on specialist ADHD experience for young people with ADHD and their families. During the year we increased our social media presence, including establishing an Instagram channel and a WhatsApp channel for our community. We also continued to develop our engagement through Facebook and LinkedIn.

We promote our offering widely through our active outreach to community groups and our work with schools. We also continue to work closely with the local NHS Trusts and other local statutory services where we provide pre- and post-diagnosis support to families navigating ADHD. Changes to local NHS and local authority structures during the year affected referral pathways and we have actively engaged with the restructured teams to ensure that families who could benefit from our services are able to find us.

Our relationships with Kingston University and St Mary's University also continued. We support ADHD-related research projects and continue to co-host our teacher seminars with Kingston University. Our partnership with The Assessment Team, which provides a limited number of pro bono ADHD assessments to qualifying families in our community with children on Pupil Premiums, is another valued source of support. We also continue to work closely with other local charities and support groups, enabling appropriate cross referral and helping families to access a broader range of services.

Chair's statement (continued)

Our people and organisation

The year included a period of organisational change and staff transition. I am pleased that we have now reached greater stability, with Elaine Bird appointed as Executive Director with effect from March 2026. We have reshaped the team, with the Executive Director role becoming part-time and service delivery responsibilities being supported through a newly created Operations Lead role. At the end of the year the organisation had eight part-time employees, (equivalent to four full-time employees). This structure provides the breadth of capability needed to deliver our services while recognising the financial constraints of operating as a small charity.

We are extremely grateful to our volunteers, Trustees, Ambassadors and Advocates. Their commitment and experience make a significant contribution to the organisation and to the families we support, where during the year a number of the vacancies were covered by volunteers on a pro bono basis. Their support especially during these periods, enabled us to continue with our service provision uninterruptedly.

We broadened our Ambassadors and Advocates for the charity by appointing Dr Jo Steer as an Ambassador and Matilda Underwood, Deputy SENCO at a local school, as an Advocate. Both bring valuable specialist knowledge into the challenges faced by our community and also add valuable support for our work.

Funding sources

Our aim as a charity is to offer our services modestly priced or free in order to ensure they are accessible to as many people as possible. We are reliant on funding to do so and this continues to be an area of importance.

Securing funding has been extremely competitive with the timing often unpredictable. As a small charity this is always a challenge, but we have worked hard to ensure that we continue to benefit from diverse sources of funding as well as maintaining an appropriate level of unrestricted reserves.

We are grateful to all our funders, donors and supporters. Their contributions enable us to maintain accessible services and continue to develop our work.

Looking ahead

Our focus remains clear: ensuring that young people with ADHD are understood, supported and ultimately able to thrive. We believe our holistic approach to supporting young people, their parents and professionals working with them is vital to helping young people with ADHD.

During the coming year we will continue to review and enhance our services in response to user feedback and changes in how our community wants to access information and support. We continue to ensure our offering is current in a changing world. We are ambitious to grow our community and enhance our service offering, while recognising the need to balance these ambitions with available funding.

Organisationally our priorities include improving our operational efficiency, building our team's capabilities, and strengthening our infrastructure, including our IT systems and website.

We have built a strong reputation for the quality and accessibility of our work and for the difference we make to young people with ADHD and their families. We will continue to build on that foundation while remaining focused on our charitable purpose and the needs of our community.

My sincere thanks to our dedicated staff, volunteers and my fellow Trustees, funders and supporters. Their commitment, expertise and generosity enabled ADHD Embrace to continue its work during a year of considerable change.

Annette Wilson
Chair

Report of the Trustees

The Trustees present their annual report and financial statements for the year ended 31 March 2026.

The Trustees confirm that the Annual Report and Financial Statements have been prepared in accordance with the applicable requirements for charities and the Charity's Constitution.

1. Objectives and activities

1.1 Our mission and charitable purposes

The mission of ADHD Embrace is to be a support community for families and professionals living and working with young people with attention deficit and hyperactivity disorder ("ADHD") by:

- providing information, **knowledge** and practical support to parents, carers and professionals
- **raising awareness** of ADHD amongst the general public, local schools, local healthcare groups and in the local community as well at government level
- **empowering** those with ADHD and their families through provision of knowledge and practical support
- using any such charitable means as the trustees shall from time to time deem fit with a view **to improving the lives of children and young people with ADHD and those of their families.**

1.2 Public benefit

ADHD Embrace offering is provided to the wider public and for the benefit of the public and everybody is welcomed. This is in-line with the Charity Commission's public benefit guidance. Most of its service offering is free or hugely discounted and in cases of those in financial hardship access is granted by provision of assisted places.

2. Legal structure

ADHD Embrace (formerly known as ADHD Richmond and Kingston) was originally established in 2002 and operated as an unincorporated association. On 25 March 2020 it registered with the Charity Commission as a Charitable Incorporated Organisation (CIO). The Charity is governed by its Constitution that was adopted at incorporation and was amended on 26 July 2021 to reflect its name change.

3. Management and governance

3.1 Trustees who served during the reporting period

The following Trustees served on the Board of Trustees during the reporting period:

Chair	Annette Wilson
Treasurer	Dhavarajh Frank
Secretary	Clare Mullane
Other Trustees	Sarah Woods (resigned 29 April 2025)
	Katherine Virdi
	Chris Burich. (resigned 19 September 2025)

Subsequent to the reporting period on 27 April 2026 Clare Mullane stood down as Trustee and Secretary after six years serving on the Board and Corinne Raux was appointed to take on these roles.

The Board of Trustees typically meets six weekly. In the reporting period twelve meetings were held, including additional meetings to consider restructuring and organisational changes.

3.2 Recruitment and appointment of Trustees

ADHD Embrace advertises the Trustee' vacancies to its community through its newsletter and also advertises these roles to the wider community through various voluntary sector recruitment platforms and also through social media.

ADHD Embrace Trustees are appointed by the Board of Trustees. The Trustees are either representative of its ADHD community, which comprises parents, professionals and other related individuals, and / or are people with skills, knowledge and experience necessary to run an effective registered charitable organisation.

Report of the Trustees (continued)

3.3 Staffing and resourcing

During the year ADHD Embrace's paid staff complement averaged 3.62 full-time equivalent employees, compared with 3.72 in 2025. This was supplemented by significant volunteer support equivalent to 1.31 full-time employees, compared with 1.0 in 2025. Volunteers also provided pro bono support to cover for roles where there were vacancies.

In the reporting period all the Trustees and the majority of the staff of ADHD Embrace have children with ADHD or associated neuro developmental conditions or have worked with young people with ADHD.

3.4 Policies and internal controls

ADHD Embrace maintains policies and procedures designed to support effective governance, service delivery and risk management. these include safeguarding arrangements and other key operational policies. Key policies and procedures are reviewed and approved by the Board of Trustees.

4. Overview of ADHD Embrace's activities

The Charity's activities are focused on serving its community and being an advocate for ADHD awareness in the wider local community and with statutory service providers in order to ensure its community's needs are catered for.

It offers a number of activities focused on knowledge and experience sharing and education – these include Seminars led by expert speakers, Post Diagnosis Workshops for parents and young people, Parenting Courses and Advice Clinics as well as an extensive website which has a wealth of information and a resource library of videos and other materials.

In addition, the Community and Schools' Outreach Programme of visiting schools, where it delivers staff training together with the Teacher Seminars are aimed at enhancing the understanding of ADHD as well as providing practical tools to better support young people with ADHD. Through its school visits, it also leads ADHD awareness sessions for parents, who it may not have otherwise reached.

It also offers activities which are focused on greater engagement with the ADHD Embrace community such as local Meet ups, community events, an extensive newsletter, two Closed Facebook Forums for Parents and Teachers respectively and a whatsapp channel. It is also active on social media to engage with its community and the wider community on channels such as Instagram, Facebook and Linkedin.

5. Partnerships and collaboration

Partnership working remains important to the Charity's model.

ADHD Embrace continued to work with local NHS services, Kingston University, St Mary's University, schools, other charities and community organisations.

Its partnership with The Assessment Team also enabled qualifying families in the ADHD Embrace community to access a limited number of pro bono ADHD assessments.

Through cross-referrals and collaboration with other charities and support groups, the Charity helps families access a wider range of specialist support.

Report of the Trustees (continued)

6. Community reach, outcomes and impact

ADHD Embrace's community continues to grow strongly and as at 31 March 2026 its community of parents, professionals and children with ADHD totalled 10,234, up by 1,538 (18%) from the previous year. It has a strong following on its newsletter mailing list and its website is widely used by the broader community with 92,273 unique users, where it is considered one of the best sources on ADHD in the UK. The core number of families actively participating in its events vary from year to year. The ADHD Embrace community typically seek support over several years, sometimes from pre-diagnosis or at diagnosis through to when their children leave secondary school.

The Charity's activities are intended to create practical benefit for the people it supports. In the year under review, the Charity developed a Theory of Change identifying the needs it is seeking to support and setting out how it supports those needs through its work.

As a community support group, the work of the Charity is intended not only to inform and train but also to provide empathy and understanding to its community, providing support for them to feel they are not on this journey alone.

For parents and carers, the Charity's workshops, advice clinics, information resources and community activities aim to increase understanding of ADHD and provide practical strategies for supporting children and young people with ADHD and the family unit.

For children and young people, the Charity's activities aim to increase understanding of ADHD, develop confidence and provide practical support at important stages of their educational and personal development.

For teachers and other professionals, the Charity's training and seminars provide knowledge and practical approaches that can be applied in schools and other settings to support pupils with ADHD and the school community.

ADHD Embrace's school outreach work also provides an important route to families who may not otherwise have engaged with ADHD Embrace.

Feedback received from participants continues to demonstrate the value that the ADHD Embrace community places on its services and belonging to its community. The Trustees recognise that measuring longer-term outcomes remains an area for continued development and will seek to strengthen how the Charity captures and reports this.

7. Financial management and reserves policy

ADHD Embrace applies strong financial management in order to ensure that the Charity has sufficient resources to meet its liabilities and that its funds are managed prudently and spent to support the work as set out in its mission statement. The annual budget and quarterly management accounts are presented to the Board of Trustees to ensure sound financial governance including the Charity's ability to meet its commitments.

The Charity implemented a reserve policy whereby it targets to hold unrestricted reserves of six to nine months average expenditure for the next financial year. This policy was adopted taking account of the competitive fundraising environment and the timing of receipt of funding sometimes being unpredictable. Maintaining an appropriate level of unrestricted reserves provides resilience and helps protect continuity of services should income be delayed or reduced.

Unrestricted reserves as at 31 March 2026 were £115,320 (2025: £115,274), which equates to 5.82 months (2025: 6.73 months) average expenditure budgeted for the next financial year. Restricted reserves committed to specific projects as at 31 March 2026 were £5,566 (2025: £5,566).

Report of the Trustees (continued)

8. Funding overview and going concern

ADHD Embrace funding strategy is to ensure that it secures funding from diverse income streams in order to ensure it is sustainable in the longer term. As our cost base has grown this strategy is even more important.

The principle sources of income during the year under review were:

Grants	51%
Corporate donations	17%
NHS commission income	10%
Income from service activities	7%
Community donations and fundraising events	13%
Interest income	2%

The Trustees recognise that grant income remains particularly important and that competition for charitable funding is increasing. Diversification of income will therefore remain an important strategic priority.

The Trustees have considered the Charity's financial position, its level of unrestricted reserves, its diversified sources of income and its financial plans. On the basis of this assessment, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Accordingly, the financial statements have been prepared on a going concern basis.

9. Principal risks and uncertainties

The Trustees recognise that ADHD Embrace operates in an environment in which funding, operational capacity for its service delivery, service demand, service provision by others as well as data security and safeguarding may affect the Charity's ability to deliver its purposes.

10. Plans for the future

Looking to the new year, the Trustees are focused on ensuring stability of its team and evolving its service provision. The Charity is actively reviewing and enhancing its offering to ensure it meets user needs and also adapts to the way its community wants to access support. ADHD Embrace has always been a user-led organisation and will continue to serve its community by building on the solid foundation established over the last two decades. It has ambitious plans to grow its community and extend the reach and relevance of its services.

The Trustees' Annual Report was approved by the Board of Trustees on 14th September 2026 and is signed on its behalf by:

Annette Wilson
Chair

Independent Examiner's Report to the Trustees of ADHD Embrace

Independent examiner's report to the trustees of ADHD Embrace

I report to the Charity Trustees on my examination of the accounts of ADHD Embrace (the Trust) for the year ended 31 March 2026.

Responsibilities and basis of report

As the Charity Trustees of the Trust 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.

Jonathan Askew FCA
The Institute of Chartered Accountants in England and Wales

Hartley Fowler LLP
Chartered Accountants
4th Floor Tuition House
27-37 St George's Road
Wimbledon
London
SW19 4EU

Date: .....

ADHD Embrace

Statement of Financial Activities

For the year ended 31 March 2026

	Notes	2026 Unrestricted funds	2026 Restricted funds	2026 Total funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total funds
Income		£	£	£	£	£	£
Donations	**2**	113,119	27,574	140,693	120,592	12,600	133,192
Charitable activities	**3**	12,682	17,865	30,547	22,449	21,435	43,884
Investment income	**4**	2,378	-	2,378	2,982	-	2,982
Total income		**128,179**	**45,439**	**173,618**	**146,023**	**34,035**	**180,058**
Expenditure							
Staff costs	**5**	79,613	31,252	110,865	79,500	28,452	107,952
Service providers - operations		-	-	-	801	-	801
Service providers - activities		2,995	13,787	16,782	7,401	5,433	12,834
IT platform development		2,373	-	2,373	2,858	-	2,858
Printing, stationery & equipment		3,821	-	3,821	3,305	-	3,305
Premises & room hire		2,292	400	2,692	2,153	-	2,153
Fundraising	**6**	20,839	-	20,839	19,306	-	19,306
IT & communications		4,088	-	4,088	3,691	-	3,691
Governance	**7**	8,340	-	8,340	4,235	-	4,235
Staff training		3,267	-	3,267	1,638	-	1,638
Bank and payment fees		505	-	505	689	-	689
Total expenditure		**128,133**	**45,439**	**173,572**	**125,577**	**33,885**	**159,462**
Net movement in funds		**46**	**-**	**46**	**20,446**	**150**	**20,596**
Total funds brought forward		115,274	5,566	120,840	94,828	5,416	100,244
Total funds carried forward	**13**	**115,320**	**5,566**	**120,886**	**115,274**	**5,566**	**120,840**

The Statement of Financial Activities includes all gains and losses in the year. All of the above results are derived from continuing activities.

ADHD Embrace

Balance Sheet

As at 31 March 2026

	Notes	2026 Total funds	2025 Total funds
		£	£
Current assets			
Debtors	**9**	2,464	2,382
Cash at bank and in hand		208,992	179,541
Total current assets		211,456	181,923
Creditors falling due within one year	**10**	(90,570)	(61,083)
Net current assets		120,886	120,840
Funds of the Charity			
Restricted reserves	**12, 13**	5,566	5,566
Unrestricted reserves	**12, 13**	115,320	115,274
Total funds		120,886	120,840

The Financial Statements on pages 10 to 16 were approved by the Board of Trustees on 14th September 2026 and are signed on their behalf by:

Annette Wilson
Chair

Dhavarajh Frank
Treasurer

Notes to the financial statements

1. Accounting policies

1.1 Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with 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) – ("the SORP") and the Financial Reporting Standard applicable in the UK and Republic of Ireland ("FRS 102"). The accounts comply with the Charities Act 2011 and are prepared on a going concern basis.

The Charity has taken advantage of section 4.6 of the SORP to report the Charity's expenditure in accordance with the purpose for which it was incurred rather than on an activity basis.

The Charity has taken advantage of the disclosure exemption with regards to the requirements of section 7 Statement of Cash Flows in preparing these financial statements, as permitted by FRS 102.

1.2 Revenue recognition

Income is included in the Statement of Financial Activities once ADHD Embrace becomes legally entitled to it, the amount can be quantified with reasonable accuracy and once any performance criteria has been met.

Donations in kind are included under donations based on estimates of the value of goods and services received or in the case of donations in kind for use at events (e.g. auction prizes) are recognised at the amount realised from their sale. No amounts are included for services donated by volunteers in accordance with the SORP. The Trustees' Report gives more information about volunteers' contributions.

1.3 Expenses

All expenditure is accounted for on an accruals basis once costs have been incurred. Accruals for unpaid expenses relating to the reporting period are based on best estimates of amounts due.

1.4 Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or raised by the Charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Public benefit

The Charity meets the definition of a public benefit entity under FRS 102.

1.6 Taxation

ADHD Embrace is a Registered Charity and meets the exemption criteria from taxation under the Income and Corporation Taxes Act. No taxation therefore arises.

1.7 Irrecoverable VAT

The Charity is not registered for VAT and therefore does not recover VAT on costs incurred. Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

1.8 Debtors

Debtors include amounts owed to the Charity as at the period end for the provision of goods and services before the period end or amounts the Charity has paid in advance for the goods and services it will receive. Debtors and prepayments are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the financial statements (continued)

1.9 Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.10 Creditors and provisions

Creditors and provisions include amounts owing by the Charity as at the period end for goods and services received before the period end. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due. Creditors also include funds received in advance of the period for which they have been given.

2. Donations

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Grants from charitable trusts	61,569	27,574	89,143	69,014	12,600	81,614
Donations from corporates	29,565	-	29,565	30,220	-	30,220
Donations from individuals and fundraising events & platforms	19,026	-	19,026	11,655	-	11,655
Donations - schools	400	-	400	7,456	-	7,456
Other revenue	2,559	-	2,559	2,247	-	2,247
	113,119	**27,574**	**140,693**	**120,592**	**12,600**	**133,192**

Other revenue includes book royalties from the sale of “Understanding ADHD in Girls & Women”.

There were no donations in kind during the year ending 31 March 2026 or the previous financial year.

3. Income from charitable activities

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Income for commissioned work from NHS	-	17,865	17,865	-	21,435	21,435
Income from seminars and workshops	12,682	-	12,682	22,449	-	22,449
Total Income from charitable activities	**12,682**	**17,865**	**30,547**	**22,449**	**21,435**	**43,884**

4. Investment income

Investment income reflects interest earned from the bank.

Notes to the financial statements (continued)

5. Staff costs

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Salaries	96,164	31,252	127,416	95,182	28,452	123,634
Employer's pension contributions to defined contribution schemes	1,583	-	1,583	2,165	-	2,165
Total staff costs	**97,747**	**31,252**	**128,999**	**97,347**	**28,452**	**125,799**

The average head count in the year was 6.17 staff (2025: 6.92 staff) and the average number of full-time equivalent employees was 3.62 (2024: 3.72). Our Executive Director post was full-time up until the beginning of March 2026, when it became part time following a restructuring, with all other staff being part-time for the whole of the year. No member of staff was paid more than £60,000 per annum in this or the preceding year.

With regards to the unrestricted staff costs of £97,747, one member of staff was employed as a dedicated fundraiser for 11 out of the 12 months and as a result that portion of costs have been allocated to fundraising (note 6), with the balance of the unrestricted staff cost being allocated to staff costs on the SOFA on page 9.

6. Fundraising activities expenses

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Staff costs						
Salaries	17,606	-	17,606	17,474	-	17,474
Employer's pension contributions to defined contribution schemes	528	-	528	373	-	373
Total staff costs	**18,134**	**-**	**18,134**	**17,847**	**-**	**17,847**
Other fundraising costs						
Consultancy	-	-	-	550	-	550
Events & merchandising	2,705	-	2,705	909	-	909
Total other fundraising costs	2,705	-	2,705	1,459	-	1,459
Total Fundraising costs	**20,839**	**-**	**20,839**	**19,306**	**-**	**19,306**

In the year ending 31 March 2026, fundraising cost totalled £20,839 (2025: £19,306). This includes a dedicated member of staff (for 11 out of 12 months), use of specialist consultancy services to support grant bid writing for funding applications as well as costs associated with fundraising events.

Notes to the financial statements (continued)

7. Governance costs

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Independent Examiner & Accountancy fees	5405	-	5,405	3,942	-	3,942
Insurance	310	-	310	179	-	179
Legal	2,625	-	2,625	114	-	114
Total governance costs	**8,340**	**-**	**8,340**	**4,235**	**-**	**4,235**

The Charity is governed by the Board of Trustees under the leadership of the Chair. Trustees are not paid for their services and perform any work for the Charity on a pro bono basis. No expenses were paid to Trustees in either period.

8. Related party transactions

There were no transactions in either period with Trustees that require disclosure.

9. Debtors: amounts falling due within one year

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Trade debtors	60	-	60	250	-	250
Outstanding Gift Aid	484	-	484	-	-	-
Prepayments and accrued Income	1,920	-	1,920	2,132	-	2,132
	2,464	**-**	**2,464**	**2,382**	**-**	**2,382**

10. Creditors: amounts falling due within one year

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Trade creditors	402	-	402	829	-	829
Service user prepayments	5,628	-	5,628	3,653	-	3,653
Taxation and social security	2,265	-	2,265	1,918	-	1,918
Pensions payable	503	-	503	590	-	590
Accruals	3,256	-	3,256	1,884	-	1,884
Deferred income (note 11)	78,516	-	78,516	44,219	7,990	52,209
	90,570	**-**	**90,570**	**53,093**	**7,990**	**61,083**

Notes to the financial statements (continued)

11. Creditors: deferred income

	2026 Total Funds	2025 Total Funds
	£	£
Balance at beginning of year	52,209	7,275
Amount released to income in the year	(52,209)	(7,275)
Amount deferred in the year	78,516	52,209
Balance at end of year	**78,516**	**52,209**

Deferred income comprises grants received in the year which can only be utilised in future periods.

12. Analysis of net assets between funds

	2026 Unrestricted Funds	2026 Restricted Funds	2026 Total Funds	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds
	£	£	£	£	£	£
Total current assets	205,890	5,566	211,456	168,367	13,556	181,923
Creditors falling due within one year	(90,570)	-	(90,570)	(53,093)	(7,990)	(61,083)
Net current assets	**115,320**	**5,566**	**120,886**	**115,274**	**5,566**	**120,840**

13. Analysis of net movement in funds

Current year:	Funds at 1 Apr 2025	Income	Expenditure	Funds at 31 Mar 2026
	£	£	£	£
Unrestricted funds	**115,274**	**128,179**	**(128,133)**	**115,320**
Restricted Funds:				
Hampton Fund: staff costs	3,150	12,600	(12,600)	3,150
NHS: post diagnosis workshops and advice clinics	-	17,865	(17,865)	-
Richmond Voluntary Fund: schools & parents	-	14,974	(14,974)	-
Co-op: videos	2,416	-	-	2,416
	5,566	45,439	(45,439)	5,566
Total funds current year	**120,840**	**173,618**	**(173,572)**	**120,886**

Previous year:	Funds at 1 Apr 2024	Income	Expenditure	Funds at 31 Mar 2025
	£	£	£	£
Unrestricted funds	**94,828**	**146,023**	**(125,577)**	**115,274**
Restricted Funds:				
Hampton Fund: staff costs	3,000	12,600	(12,450)	3,150
NHS: post diagnosis workshops and advice clinics	-	21,435	(21,435)	-
Co-op: videos	2,416	-	-	2,416
	5,416	34,035	(33,885)	5,566
Total funds previous year	**100,244**	**180,058**	**(159,462)**	**120,840**