

Dundee and Angus ADHD Support Group SCIO

Annual report and financial statements
for the year to 31st October 2024

Scottish Charity Number SC044329

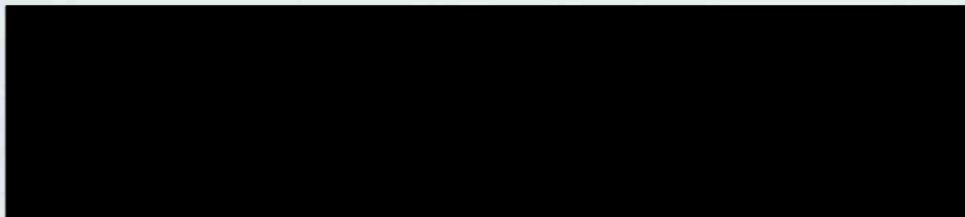
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ADHD SCIO

Charity information

Trustees:



Charity Registered Number:

SC044329

Principal address:

Unit 15, Manhattan Works, Dundonald Street, Dundee DD3 7PY

Independent Examiners:

AFM Solutions Limited, Chartered Management Accountants, 8 Tayview Drive, Liff, Dundee, DD2 5PF

Company Status:

SCIO

Trustees' report for the year ended 31st October 2024

The trustees present their report and financial statements for the year ended 31st October 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statement and comply with the charity's governing document, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)

Financial Review

During this financial year the charity made a net deficit of £81,123 (2023 : gain of £5,276) This is made up of a reduction in unrestricted reserves of £36,300 and a reduction in restricted reserves of £44,822.

Reserves Policy

The trustees' policy on reserves is to hold sufficient cash balances, equal to 3 months of core expenditure, to allow the charity to meet its day to day working capital requirements and remain as a going concern. This amounts to total reserves of £58,885 (2023 : £140,008) and the policy has been met.

Statement of trustees responsibilities

The trustees are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Standards.


Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgments and accounting estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charity Accounts (Scotland) Regulations 2006 (as amended), the Charities and Trustee Investment (Scotland) Act 2005 and the constitution of the charity. They are also responsible for safeguarding the assets of the charity and hence, for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the trustees and signed on their behalf by:



25/07/25
Date

ADHD SCIO

Independent examiner's report to the Trustees of Dundee & Angus ADHD Support Group SCIO

I report on the accounts and financial statements of the charity for the year ended 31st October 2024 which are set out on pages 9 to 14.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

This report is made to the trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken to enable me to report my opinion set out below and for no other purpose. To the fullest extent permitted by law I do not accept or assume responsibility to anyone other than the trustees, as a body, for my work or for this report.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the financial statements.

Independent examiner's statement

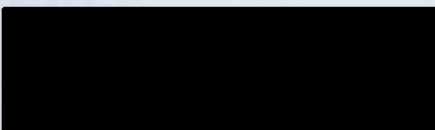
In the course of my examination, no matter has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:

- (i) to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
- (ii) to prepare financial statements which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations; have not been met or

(b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

In the course of my examination, no matter has come to my attention



Dated 25/07/2025

Chartered Management Accountant
For and on behalf of AFM Solutions Limited
8 Tayview Drive, Liff, Dundee, DD2 5PF

Statement of Financial Activities

Year ended 31st October 2024

		Unrestricted	Restricted		
	Note	General Fund	Various	2024 Total	2023 Total
		£	£	£	£
Incoming resources					
Incoming resources from generating funds					
- Voluntary income	2	32,115	134,704	166,819	294,614
- Investment income (bank interest/dividends)	2	-	-	-	-
Income resources from charitable activities	3	28,059	-	28,059	25,521
Total Income		60,174	134,704	194,878	320,135
Resources Expended					
Cost of Generating Funds					
- Charitable activities	4	89,316	186,684	276,000	314,860
- Other resources expended		-	-	-	-
Total Expenditure		89,316	186,684	276,000	314,860
Net income/(expenditure) and net movement in funds before gains and losses on investments	-	29,142	51,980	81,123	5,276
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)	-	29,142	51,980	81,123	5,276
Gross transfers between funds		7,158	7,158	-	-
Net movement in funds	-	36,300	44,822	81,123	5,276
Reconciliation of Funds					
Total Funds b/fwd		62,660	77,348	140,008	134,732
Total Funds c/fwd		26,360	32,526	58,885	140,008

The company has no gains or losses other than the results shown for the year. The turnover and reported results are in respect of continuing operations.

The notes on pages 9 to 14 form part of these financial statements.

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Balance sheet as at 31st October 2024

	Notes	£	2024 £	£	2023 £
Fixed assets					
Tangible assets	6		3,691		7,686
Investments					-
			<u>3,691</u>		<u>7,686</u>
Current assets					
Debtors	7	24,224		-	
Bank balances and deposits		<u>33,999</u>		<u>136,015</u>	
		58,222		136,015	
Current liabilities					
Creditors due within one year	8	- 3,028		- 3,693	
Net current assets			<u>55,194</u>		<u>132,322</u>
Total assets less current liabilities			<u>58,885</u>		<u>140,008</u>
Represented by					
Unrestricted funds			26,360		62,660
Restricted funds			<u>32,526</u>		<u>77,348</u>
Total funds	10		<u>58,885</u>		<u>140,008</u>

The financial statements were approved by the trustees on 24th July 2025

25/07/25
Date

The notes on pages 9 to 14 form part of these financial statements.

Notes to the accounts as at 31st October 2024

1 Accounting Policies

Charity information

Dundee and Angus ADHD Support Group SCIO is a charity registered with the Scottish Charity Regulator (registration number SC044329).

Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

The charity has taken advantage of the provisions in the SORP for charities applying FRS102 Update Bulletin 1 not to prepare a Statement of cash flows.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Income

Income is recognised when the charity is legally entitled to it where the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

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Donations, legacies and similar incoming resources are included in the year in which they are receivable, when the charity has unconditional entitlement to the resources.

Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Total resources expended include the allocation of support costs to the various expenditure categories set out in the statement of financial activities.

Costs allocated to fundraising and publicity are those costs incurred on activities undertaken to generate funds for use by the charity.

Costs of charitable activity comprise all the resources applied by the charity in undertaking its work to meet its charitable objectives.

Support costs have been allocated to activities on a basis consistent with the use of resources.

Governance costs are the costs associated with the governance arrangements of the charity which relate to the general running of the charity as opposed to those costs associated with fundraising or charitable activities.

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis:

- Fixtures, fittings and equipment 33.33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in the statement of financial activities.

Funds

Funds generated or drawn on via the Statement of financial activities are classified as either restricted funds or unrestricted funds, defined as follows:

- Restricted funds are subject to specific conditions which may be declared by the donor or with authority, e.g. by the restrictive wording of an appeal. Some are

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restricted income funds expended at the discretion of the trustees. Others are capital where the assets are required to be invested for long-term use.

- Unrestricted funds are expendable at the discretion of the trustees in furtherance of the objectives of the charity.

A transfer is made from unrestricted funds to restricted funds to compensate fully all restricted funds which would otherwise be in deficit at the accounting date.

Incoming Resources

2 Voluntary income

	Unrestricted £	Restricted £	2024 Total £	2023 Total £
External Funding	6,579	134,704	141,283	256,428
Other Donations and Collections	25,536	-	25,536	38,186
	<u>32,115</u>	<u>134,704</u>	<u>166,819</u>	<u>294,614</u>

3 Charitable activities

	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Youth Club	25,169	-	25,169	19,171
ActivityWeek	1,056	-	1,056	2,316
Tuck Shop	177	-	177	619
Other fundraising activities contra	1,656	-	1,656	3,415
	<u>28,059</u>	<u>-</u>	<u>28,059</u>	<u>25,521</u>

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4 Resources expended

	Basis of allocation	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Direct Costs					
Expenses for fundraising activities	Direct			-	360
Gross trading payments (youthclub/tuckshop/workshops)	Direct	2,121	8,686	10,807	10,334
Payments relating directly to charitable activities	Direct	41,477	73,791	115,268	149,606
Costs to support activities (rent/insurance/heat & light)	Direct	32,904	18,454	51,358	39,359
Seminar/Education Workshops	Direct	2,238	3,243	5,480	12,849
Charity Shop	Direct	-	-	-	1,719
Grants and donations	Direct	-	-	-	-
Governance costs:	Direct	-	-	-	-
Administration office costs	Direct	10,077	1,292	11,369	11,553
Admin/Youth Group Salaries	Direct		81,219	81,219	88,555
Audit / independent examination	Direct	500	-	500	525
Preparation of annual accounts	Direct	-	-	-	-
		89,316	186,684	276,000	314,860

5 Employees

Number of employees	2024 No.	2023 No.
The average monthly number of employees during the year was:		
Full-time Equivalent	1	6
Part-time Equivalent	13	8
Employment Costs	2024 £	2023 £
Wages & Salaries	171,414	189,676
Social security costs	10,611	13,041
Pension costs	4,477	5,672
	186,502	208,389

There were no employees whose annual remuneration was £60,000 or more.

None of the trustees received any remuneration in either year from the charity.

Expenses of NIL were reimbursed to trustees (2023 - NIL)

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6 Tangible fixed assets

	Plant & Equipment £	Fixtures & Fittings £	Total £
Cost			
Cost at 1st November 2023	44,303	9,997	52,624
Additions	-	-	-
At 31st October 2024	44,303	9,997	54,299
Depreciation			
At 1st November 2023	37,336	9,278	46,614
Charge for year	3,636	359	3,994
At 31st October 2024	40,972	9,637	50,608
Net Book Value			
At 31st October 2024	3,331	360	3,691
At 31st October 2023	6,967	719	7,686

7 Debtors

	2024 £	2023 £
Accrued Income - Tayside Family Worker Fund	24,224	-
	24,224	-

8 Creditors

	2024 £	2023 £
Trade Creditors	500	525
HMRC - PAYE	1,927	2,516
Pension Liability	601	652
	3,028	3,693

9 Retirement benefit schemes

Defined contribution schemes

The charity contributes to a defined contribution scheme with NEST (National Employment Savings Trust) in respect of staff. Contributions are charged to the income and expenditure account when paid. The pension costs charged in the statement of financial activities represent the contributions payable by the charity during the year. The charge to the profit or loss in respect of defined contribution schemes was £4,477 (2023 - £5,672).

10 Funds and reserves

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
Opening balance	62,660	77,348	140,008	134,733
Surplus / (Deficit)	-36,300	-44,822	-81,123	5,276
	26,360	32,526	58,885	140,008

Restricted reserves	Balance at 31 October 2024	
	£	
Robertson Trust	£	3,451
BBC Children in Need - Angus	£	2,261
Voluntary Action - Angus YG Lead	£	6,695
Dundee Youth Fund - Bouldering	£	1,880
Young Adults - SHALA Art	£	826
MHWF - Angus	£	13,370
Art Funds	£	350
Tangible Fixed Assets (purchased via restricted funds)	£	3,691
	£	32,526

11 Related party transactions

There were no such transactions.



Annual Report 2023-2024

Unit 15 Manhattan Works, Dundonald Street, Dundee, DD3 7PY

West Kirk, Arbroath, Angus, DD11 1JN

SC044329

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Chairpersons Report

Welcome to this year's 2023/24 Annual Report.

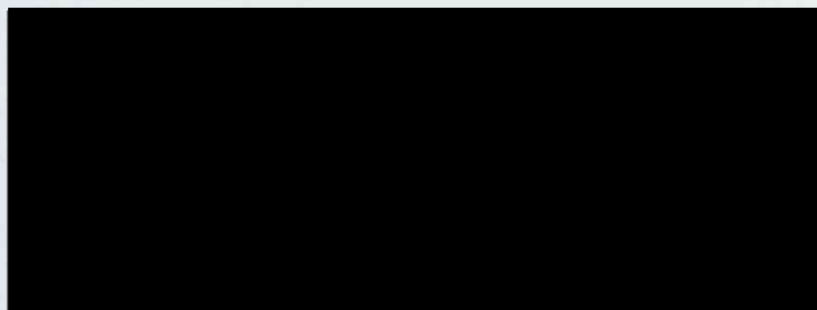
The trustees have met on four occasions during this period however have regular meetings and updates from Alison Clink our CEO.

As you read through the report you will see the positive impact our services have on our ADHD affected service users both in Dundee and Angus.

As with any Charity like ours being able to attract funding is a major factor in our ability to deliver the meaningful services to our ADHD affected children, young people, adults and families. Without this funding we would cease to exist.

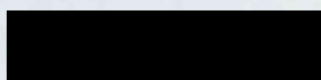
Therefore, I would like to extend our grateful thanks to all our funders for their financial backing and generosity in allowing us to continue to grow and develop our much needed services.

A special thanks to Alison and her team for making this happen on your behalf.

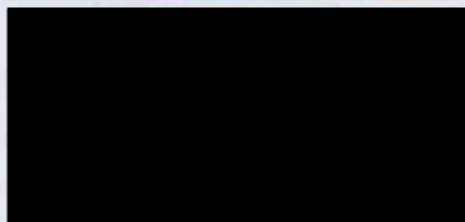


Meet The Team

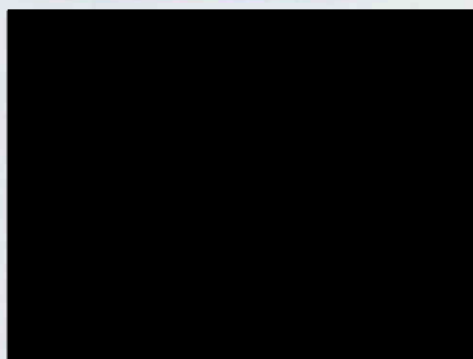
CEO



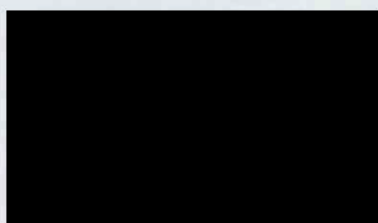
Administration Team



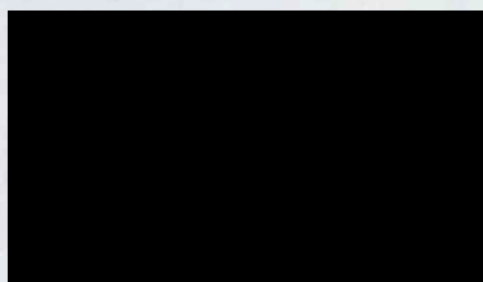
Youth Group Staff



Family Team



Trustees:

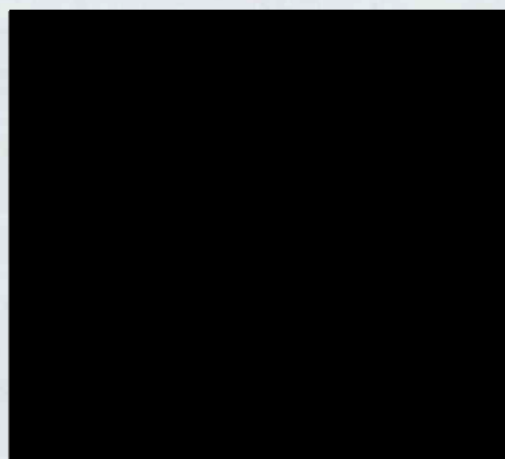
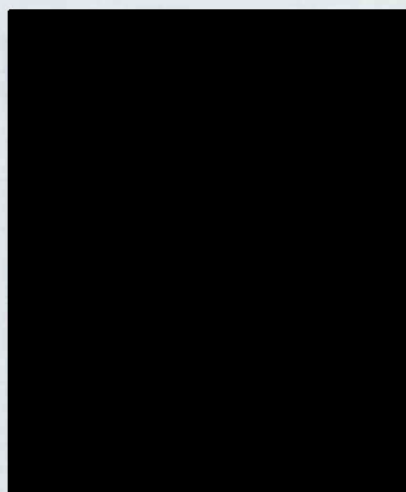


Youth Groups

Over the last year our youth groups have supported over 60 children per week.

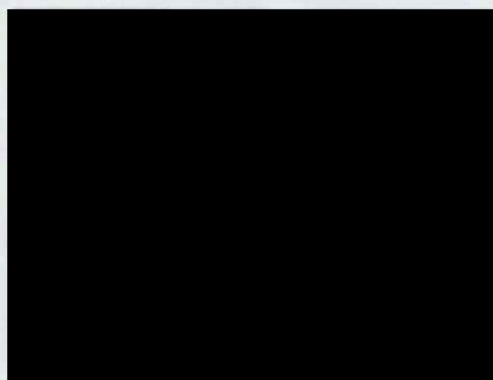
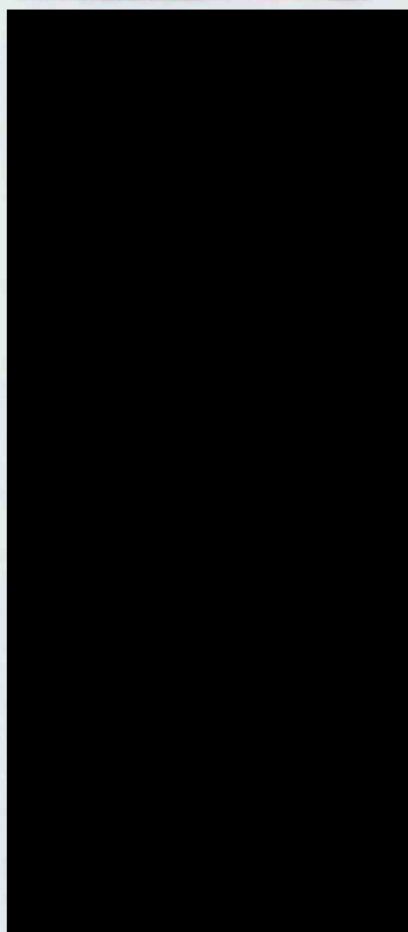
Dundee's youth group runs Monday, Tuesday, Wednesday and Fridays.

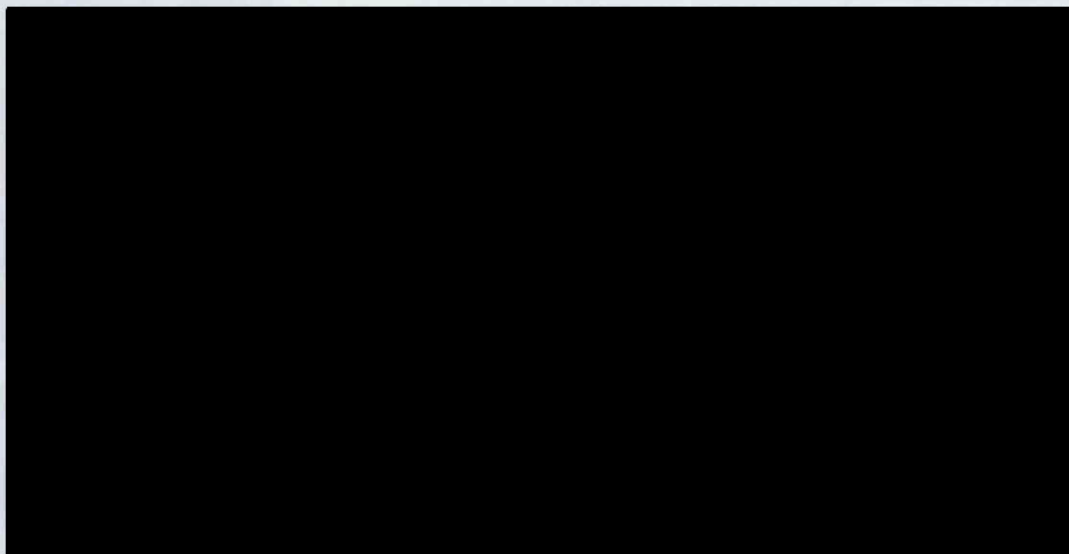
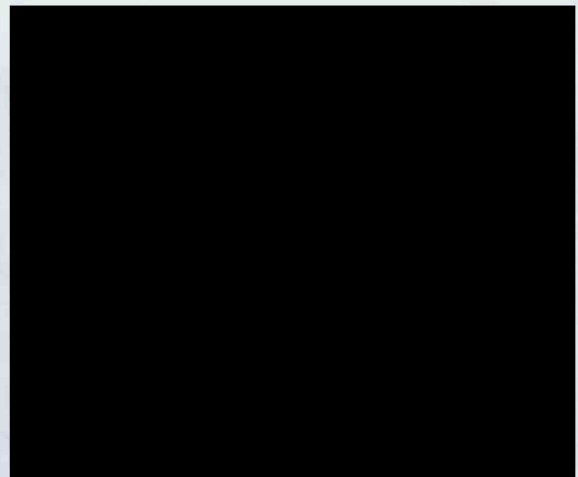
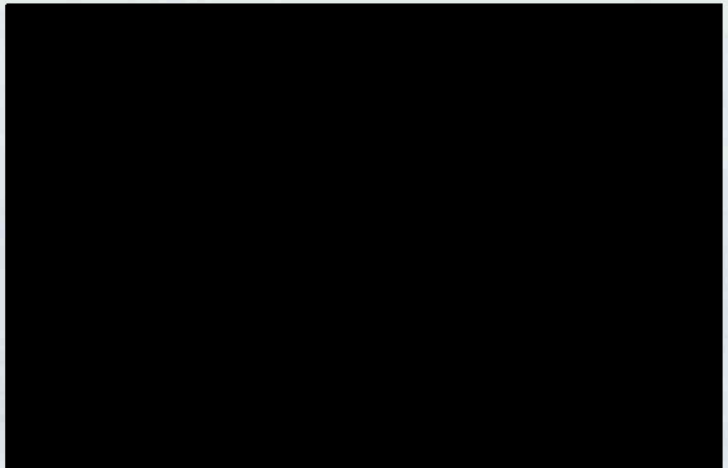
Arbroath's youth groups run on a Tuesday and a Friday both locations running for 2 hours per session



The activities that the children attended throughout the year ranged from walks in the park allowing team building exercises, Karate, Ryze, Showcase the Street, bouldering,

art, cooking, animal workshops and lots of other fun activities.





A big thank you to all our funders who make the running of our youth groups possible



Family Support - Diagnosed

Our Family support services play a vital role in supporting parents and carers of children with a diagnosis of ADHD by providing practical guidance, emotional reassurance, and access to tailored resources.

These services help families better understand ADHD, offering strategies for behaviour management, communication, and support navigating challenges at home and school.

Support groups and one-on-one consultations create safe spaces where parents/carers can share experiences, reduce isolation, and build confidence in their caregiving roles.

Additionally, family support services often act as a bridge between parents and educational or healthcare professionals, encouraging a coordinated approach considering the child's development and well-being.

Feedback received from a parent

"Morning XXXXXX,

I would like to take this opportunity to thank you so much for every thing that you have done for ????? and myself, we will always be grateful for the support that you gave when things felt hopeless, and feeling like I was fighting a losing battle.

????? has now become a totally different child since your support and he is now becoming the independent young man that I always wanted him to be.

You helped me realise that I had been supporting ????? with everything from a young age just that I had not recognised this, that's what makes me proud that although I felt guilty being unable to help him, I actually had been all along.

Since his transition he has just flourished like you said he would and has also told me he no longer needs my help (ouch).

He also did homework for the first time in a year which was a huge achievement.

My letter was great thank you so much.

Thank you again xxxxxx, take care."

Kind regards

xxxxxxxx

Family Support - Undiagnosed

For individuals and families on a waiting list for an ADHD diagnosis, the uncertainty and delays can be incredibly challenging.

During this period, it is crucial to access early support and strategies to manage day-to-day difficulties, even without a formal diagnosis.

Children may struggle with focus, impulse control, or emotional regulation, which can impact their learning, relationships, and self-esteem.

Providing parents and carers with practical tools, behavioural strategies, and emotional support during this time can make a significant difference in reducing stress and improving family dynamics.

Early intervention also helps prevent secondary issues, such as anxiety or school refusal, ensuring that families feel empowered rather than helpless while waiting for specialist assessment.

Respite – Better Breaks

Respite weekends give families a well-deserved opportunity to unwind and reconnect. Upon arriving in Aviemore on Friday evening, families enjoy dinner together and settle into the hotel for some quality time. Saturday brings a full day of fun for the children, with activities ranging from [insert examples here], keeping them engaged and energised. Parents and carers make the most of the peaceful surroundings to relax and enjoy.

The children also embark on their own adventure at Dalguise, staying for 3–4 days. There, they enjoy a wide range of outdoor activities, build friendships, and gain confidence in a safe, nurturing environment.

This extended time away also gives families a valuable few days of respite, helping everyone return home refreshed and re-energised.

IMPACT Courses

Diagnosed & Undiagnosed

I: Information
M: Meaningful Communication
P: Practicing useful strategies
A: Achievements
C: Care and Consideration
T: Transformation



Our IMPACT courses run over four weeks at our premises in Manhattan Works, providing valuable support for both parents and children. Each week, parents attend sessions where they receive practical advice, guidance, and proven strategies to help them better understand and support their child's needs.

At the same time, children take part in engaging sessions designed to help them learn about social skills in a positive, age-appropriate way.

Through these sessions, children gain a clearer understanding of their diagnosis and are supported in developing their own strategies to manage challenges and build confidence.

This dual approach strengthens the parent-child relationship and promotes a supportive, informed home environment.

Feedback received from a parent - Diagnosed

Phoned *child's name* mum and asked her IMPACT went and explained I will be closing *child's name* case. Mum said "her dad and *child's name* all loved IMPACT and took a lot from it. He just received a great report from school and the school are being very supportive. I reminded them they can always get back in touch if needed and she thanked me for my help and support."

Feedback received from a parent – Undiagnosed

"Thank you so much for all your help. It was lovely being heard, both by yourself and whilst at the course. Was great getting to speak to other parents in the same situation and been given tips as well as information on helpful websites. I don't think I would have found them without the course and yourself. *child's name* was always excited about you coming round. He really enjoyed seeing the other kids every Wednesday and was really sad he wouldn't be going anymore. Hopefully, when we get a diagnosis he can attend the youth group. Thank you so much for all your support, patience and understanding. it meant a lot when we as a family needed it most

ADHD COACHING



ADHD coaching is a collaborative, strengths-based approach that helps individuals with ADHD develop practical skills and strategies to manage their challenges and achieve personal goals.

An ADHD coach works with clients to improve executive functioning skills such as time management, organisation, focus, and emotional regulation.

Through structured sessions, coaches promote insight, provide encouragement and a variety of personalised techniques tailored to the individual's unique needs.

The benefits of having an ADHD coach includes increased self-awareness, reduced worry and overwhelming feelings, improved confidence, and greater success in daily life—whether in school, work, or relationships.

Coaching empowers individuals to take control of their ADHD, build on their strengths, and create sustainable habits that support long-term well-being.

Contact [REDACTED] for any further information

Feedback Received

"Coaching has allowed me to understand myself and put strategies into place"

"Different topics and different discussions on ADHD was very insightful I now understand why I do things differently"

"One to one meeting helped and allowed me to learn about my ADHD and to put strategies into place"

"For the first time, I understand how I work. That awareness alone changed everything. I now understand me! Strategies help me now thank you"

COACHING



Adult Support Groups

Our adult support groups run in Forfar, Angus and Dundee on a Tuesday and Thursday at the first week of each month. Each month a different topic is discussed at the beginning of each session allowing for peer support after the tea/coffee break.

This allows adults to come along and learn and discuss with others different strategies that work for them.

Feedback Received

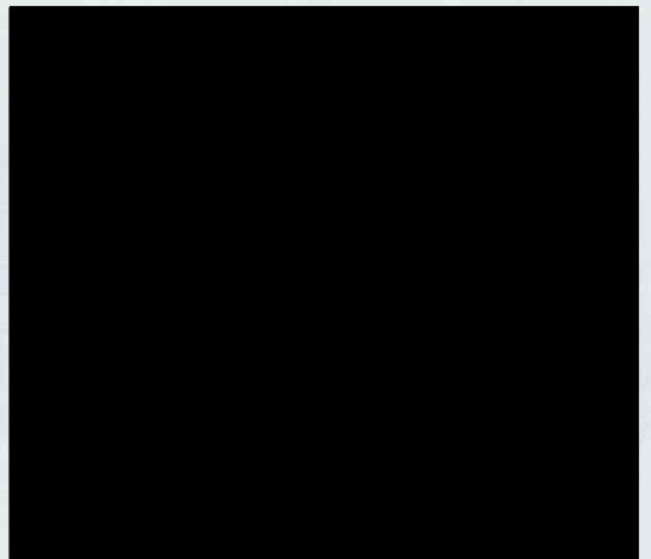
"Lots of useful information and techniques. Also good to talk freely with likeminded people."

"Lot of different info about meds, symptoms, co-existing conditions"

"For the first time, I understand how I work. That awareness alone changed everything."

St.Andrews

An adult support group has been set up in partnership with Zest Cafe. Meetings take place the first Monday of each month and run from 6pm – 8pm. This will start in December 2024 to trial for 6 months

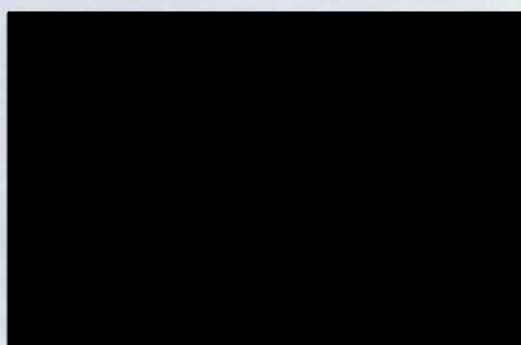


Fundraising

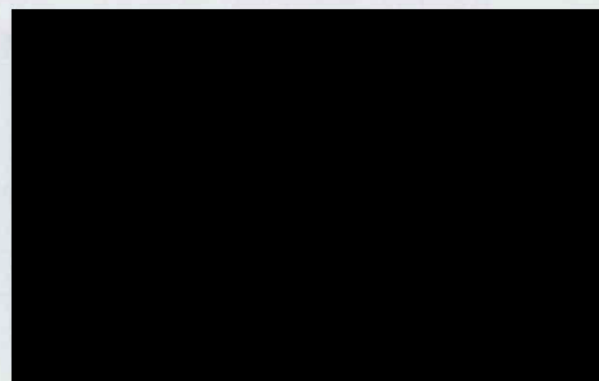
Fundraising is vital to a charity's ability to deliver its mission, grow its impact, and support the people who need it most. It provides the essential resources needed to sustain services, raise awareness, and inspire community involvement. We had a Christmas bingo night, Easter Raffle and Tesco tokens



Donations



North End Social Club presented award for £400



Crombie Park Sponsored walk - £330 raised

Out and About

The staff within the ADHD Support Group have had a busy year, actively engaging with the community by attending a variety of events — from local advice cafés to Youth and Philanthropy Initiative (YPI) meetings.

Their involvement has helped raise awareness, provide support, and build valuable connections with families, professionals, and young people alike.

We would like to thank:

Taypark school for an invite to their parents evening – September 2024

Thank you for our invite to at St. Ninian's RC Primary Easter fun Day – April 2024

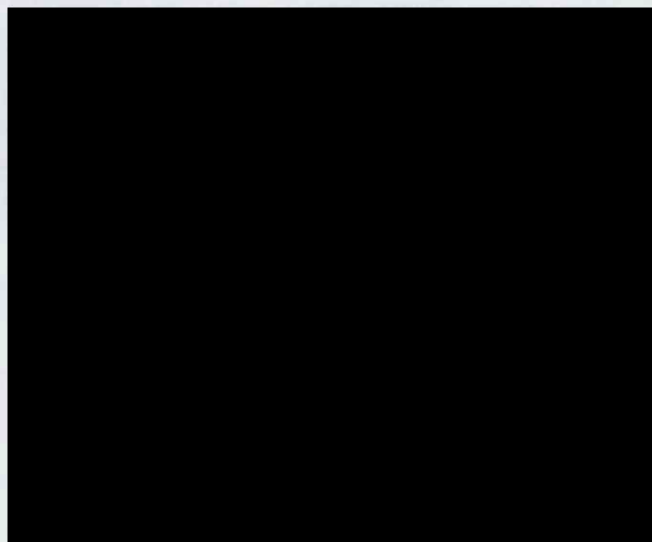
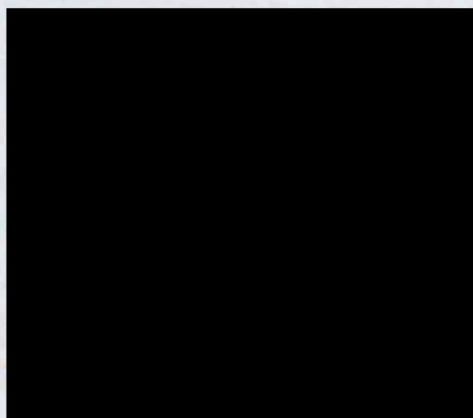
Arnold Clark for the kilt walk

Abigail Mighty Stride/Steve Wee Wander
(Others involved from (Wedderburn), (Alloway) and Coralshore) - £1675 raised

YPI – Thank you for the nominations at the YPI fares. We have attended several schools throughout out the year some of them where:

- Webster's High School, Angus
- St. Pauls, Dundee
- Arbroath Academy, Angus
- Braeview Academy, Dundee

Volunteers



Funding Received

Big Lottery A4A
BBC Children In Need
CMHWP – Dundee & Angus
Angus Rural Partnership
Voluntary Action Angus
Robertson Trust
Common Good Fund Dundee
Tesco – Stronger Start

RS McDonald
Better Breaks

Soutar Trust
Screwfix
NHS Trust
Rotary Club Dundee
Speedo Mick

Future Plans

Look into funding to start an adult support group every four weeks within a café setting



More IMPACT courses on line
4 weeks online and 2 weeks face to face with support in house with children

Work in partnership with Autism Initiatives to start delivering ADHD/Autism support in Angus for Adults awaiting a diagnosis



