

ADHD+ SEEING EVERYTHING

Perth and Kinross ADHD Support Group

Unit 5, Tayview Industrial Estate, Friarton Road, Perth, PH2 8DG
Telephone : 01738 587261
SC034262

ANNUAL ACCOUNTS

1st January – 31st December 2025

Trustees Annual Report for the Year Ended 31st December 2025

With pleasure, the trustees present their report together with financial statements and the independent examiners report for the year ended 31st December 2025.

Reference and Administrative Information

Charity Name
Perth & Kinross ADHD Support Group

Charity No
SC034262

Address
Unit 5, Tayview Industrial Estate, Friarton Road, Perth PH2 8DG

Current Trustees
Jackie Ahern
Georgina Taylor
Christopher Ahern
Dr Karen McDonnell
Hugo Meynell
Lewis Ahern
Jane Mercer

Structure Governance & Management Constitution
The charity is a private company, limited by guarantee. It is governed by its Memorandum and Articles of Association.

Appointment of Trustees
Trustees are elected by Committee Members at the Annual General Meeting, as required by our Articles of Association.

Charitable Purposes
To continually offer dedicated support services, advice and information to children young people and families who suffer from Attention Deficit Hyperactivity Disorder (ADHD) and other related social, emotional and behavioural issues.

Summary of the Main Activities in relation to these Objectives

Dedicated Befriender/Support Worker Service
Individual Mental Health Support
Individual Support Plans
Ongoing and constant telephone support
Regular parent support group meetings
Individual FAMILY INFORMATION SESSIONS
Individual MY ADHD AND ME Sessions
Evening Drop-In Meetings for parents/carers
Evening Drop-In Meetings for Adults
Awareness and Strategies Training to partner agencies
Workshops
School Liaison
Form Filling/Report Writing
Advocacy
Benefits Advice
Youth Group
Peer Support from Volunteer Mentor Team

Summary of the Main Achievements of the Charity during 2025

2025 was year of high demand for the Group's services growth from all areas of access. The Group structure remained one team member less, however, the service delivery met demand with positive feedback from recipients and partner agencies. The group's flexible and creative approach to challenges ensured the achievement of:

- The funding of the roles of Group Services Coordinator, Administrator, Family Support Worker and Sessional Workers.

- Crisis Support was delivered in person to parents / carers / adults and children and virtually to suit the needs of the service user. Local Authority (school / social work) meetings continued in a virtual capacity with face-to-face meetings, however, face-to-face meetings were more regular throughout the year. Intensive school support has been a focus for our Family Support Worker throughout the year and our Group Services Coordinator has delivered awareness and strategies training to a number of schools. We remain committed to ensuring young people and their parents fully understand the level of their attainment which then leads into their individual learning plan.

- The Group Services Coordinator has attended HMP Perth and Castle Huntly on a regular basis throughout the year to deliver individual / group sessions to inmates. At the end of 2025, she became part of a Trauma Informed Practice Oversight Steering Group to ensure that the over-represented ADHD prison population can better understand themselves and how their ADHD has affected their decision-making / actions. The Steering Group will consider the wider-reaching implications of ADHD in prisons and what can be implemented to provide support from staff.

- The positive relationship with Women's Aid and RASAC has continued through 2025 and the Group Services Coordinator has delivered training to their teams. Support for women who experience domestic violence abuse / coercive control / financial abuse is a necessary addition to the signposting the group does.

- 2025 saw an increase in service delivery, the main highlights being:

  Telephone Calls : 4990 instances
  Texts : 4095 instances
  One to One Meetings : 172 individuals
  Zoom Call Participation : 287 individuals
  FIS & MY ADHD AND ME Delivery : 125 sessions
  Agency Meetings : 110 instances
  Social Work / Panel Meeting Participation : 34 instances
  School Meeting Participation : 30 instances
  Miscellaneous Support Appointments : 23 instances
  (Hospital / Police / Solicitor / Court)
  Website Visits : 4,200 vs 4,000 in 2024
  New contacts via website : 70 individuals
  Monthly Parent Meet-Up : 136 individuals (two groups each month)
  HMP Perth Session Delivery : 48 instances
  HMP Castle Huntly Session Delivery : 42 instances
  Monthly Drop-In : 9 instances
  Adult Online Drop-In : 46 instances
  Training Sessions : 12 instances

  MASHUP (partner agency meetings) referrals have continued to allow the group to work in a collective manner with the local authority, social work and other third-party organisations.

- Our support continues with an individual through an independent enquiry (NHS Tayside), 2 individuals through the Historic Abuse (Scottish) Enquiry, multiple PIP assessments (virtual setting) and support at JobCentre appointments.

- Our joint project with Countryside Living Scotland saw a dedicated Co-ordinator appointed in Autumn 2024 to lead on the programme with Perthshire schools. We have a current cohort of 15 young neurodiverse people. They are working on a programme of various rural skills and developing their own soft skills while working with a range of rural employers around the Perthshire area.

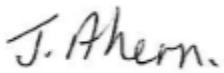
- Continued to work with other statutory bodies and organisations to further develop the understanding and acceptance of ADHD.

- Held regular Committee Meetings, as required by our constitution.

2025 saw our ADHD+ Sport Project with Saints in the Community and Motorvate Therapies receive further funding from The RS Macdonald Charitable Trust. The project has been able to continue to deliver sporting activities to young people aged 10-16 ranging from rugby to horse-riding. In addition to our team supporting the activities, our Group Services Coordinator once again provided awareness and strategies training in partnership with Motorvate Therapies to 22 local sporting / community clubs to help them include young people with additional support needs within their specialisms.

Our Youth Group had another successful year with the young people continuing to enjoy weekly activities in term-time from pottery to gym sessions. They also did their annual fund-raising initiative and can therefore more trips in the local area.

As always, we will continue to develop our working model to meet the demands of our service users. Our anticipation of the shape of 2025 was correct and the availability of support from government, health service and education are lessening for our neurodivergent community. The withdrawal of the CAMHS diagnosis pathway and wide refusal for GP shared care means we work with individuals at the height of anxiety and therefore the support we offer needs to be relevant. No-one will be turned away, if we cannot support ourselves, we know we have strong connections with partner agencies to signpost to. We remain true to the core values of the Group. Support, Nurture, Educate, Empower. We approach 2026 with energy to be flexible and apply our creativity to what comes.



Jacqueline Ahern
Chairperson
6th April 2026

Independent Examiner's Statement

I report on the accounts of the charity for the year ended 31 December 2025 which are set out on pages 7 to 10.

Respective responsibilities of trustees and examiner

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

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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts 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 accounts.

Independent examiner's statement

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

1. *which gives me reasonable cause to believe that in any material respect the requirements:*
    - *to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and*
    - *to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations*

    have not been met, or
2. *to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached*

Name: *Leona Ramsay*

Address: *119 Curlew Way*

Inverkeithing

KY11 1FF

Signed:



Date: 08/04/2026

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR ENDING 31st DECEMBER 2025

Receipts		Unrestricted funds £	Restricted funds £	Total Funds 2025 £	Total Funds 2024 £
Grants	2,5	-	*40,660*	**40,660**	*44,910*
Receipts from fundraising activities		*463*	-	**463**	*2,128*
Donations	4	*30,000*	-	**30,000**	*2,100*
Gross receipts from other charitable activities		*2,400*	-	**2,400**	*2,666*
Total Receipts		**32,863**	**40,660**	**73,523**	**51,804**
Payments					
Payments relating directly to charitable activities	6	*10,397*	*35,607*	**46,004**	*42,621*
Governance costs: Accounting fees		-	*750*	**750**	*2,286*
Total Payments		**10,397**	**36,357**	**46,754**	**44,907**
Surplus		**22,466**	**4,303**	**26,769**	**6,897**

The following notes form an integral part of these accounts.

STATEMENT OF BALANCES AS AT 31 DECEMBER 2025

Cash funds	Unrestricted funds	Restricted funds	Total Funds 2025	Total Funds 2024
Cash and bank balances at the start of the year	*11,469*	*15,949*	**27,418**	*20,521*
Surplus shown on receipts and payments account	*22,466*	*4,303*	**26,769**	*6,897*
Cash and bank balances at the end of the year	**33,935**	**20,252**	**54,187**	**27,418**



Jacqueline Ahern
Chairperson
6th April 2026

NOTES TO THE ACCOUNTS FOR YEAR ENDED 31 DECEMBER 2025

1. **Basis of accounting**

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2. Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objectives of the charity. The trustees maintain a single unrestricted fund for the day to day running of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for a specific purposes. During the year, £44,660 was received in grants for specific charitable projects over various time horizons. The balances of these funds have been carried forward to 2026 to utilize against restricted expenditure.

3. Related party transactions

No remuneration was paid to any trustees or connected parties during the year.

4. Donations

	Unrestricted funds	Restricted funds	Total Funds 2025	Total Funds 2024
Donations from members of the public	-	-	-	100
Turcan Connell	30,000	-	30,000	-
Donations from local businesses	-	-	-	2,000
	30,000	-	30,000	2,100

5. Grants

	Unrestricted funds	Restricted funds	Total Funds 2025	Total Funds 2024

Gannochy Trust	-	44,660	44,660	39,910
RS McDonald	-	5,000	5,000	5,000
	-	44,660	44,660	44,910

6. Expenses

	Unrestricted funds	Restricted funds	Total Funds 2025	Total Funds 2024
Wages and NI	3,995	33,468	37,423	38,412
Expenses/Mileage	1,477	889	2,366	89
Training costs	-	-	-	-
Post, stationary, advertising and printing	66	50	116	-
Telephone and broadband	1,078	231	1,309	1,011
Insurance	-	312	312	313
Heat and light	545	103	648	1,148
Premises maintenance and repairs	511	323	834	476
Professional support	2,223	207	2,430	959
Miscellaneous expenses	307	-	307	213
Room hire and facilities	234	26	260	-
Activity costs	-	-	-	-
	10,397	35,607	46,004	42,622