ADHDAF+ (ADHDAF Plus)

Scottish Charity Number: SC053460

Charity Commission (England & Wales) Number: 1208650

RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED 31 JANUARY 2026

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Reference and administrative details · Receipts and payments account · Statement of balances · Notes to the accounts · Independent examiner's report

ADHDAF+ (ADHDAF Plus)

Scottish Charity Number SC053460

REFERENCE AND ADMINISTRATIVE DETAILS

Charity name	ADHDAF+ (also known as ADHDAF Plus / ADHDAF+ The Charity)
Legal form	Charitable Incorporated Organisation (CIO)
Scottish charity number	SC053460
Charity Commission number	1208650
Principal address	Overton Farm, Coylton, Ayr, Scotland, KA6 6HE
Trustees	Amanda Mears (Chair) Aishley Bell Docherty Samantha Bell-Docherty Kim Pierpoint Dr Helen Wall (appointed 27 July 2026) Abigail Agyei-Jones (appointed 27 July 2026) Lou O'Connell (appointed 10 October 2026)
Bankers	Lloyds Bank plc
Charitable purposes	For the public benefit, to relieve the needs of and promote equality and diversity of people affected by ADHD, in particular through peer support groups, education and awareness, and events for ADHD adults.

ADHDAF+ (ADHDAF Plus)

Scottish Charity Number SC053460

RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 JANUARY 2026

	Note	Unrestricted funds £	Total 2026 £
RECEIPTS			
Donations (online, payroll giving and Patreon)	2	11,277	11,277
Fundraising events	2	1,057	1,057
Grants	2	500	500
Total receipts		**12,834**	**12,834**
PAYMENTS			
Charitable activities			
Support group room hire	3	799	799
Facilitator and volunteer expenses	3	526	526
Freelance fees – public engagement and events	3,6	3,624	3,624
Events expenses and accommodation	3,6	607	607
Printing and leaflets	3	150	150
		5,706	5,706
Support and governance costs			
Computer equipment	3,6	1,300	1,300
Website, IT and software subscriptions	3	850	850
Insurance	3	102	102
Training	3	95	95
Bank charges	3	30	30
Sundry expenses	3	23	23
		2,400	2,400
Total payments		**8,106**	**8,106**
Net receipts for the year		**4,728**	**4,728**

All funds are unrestricted. The charity held no restricted or endowment funds during the year.

The notes on the following pages form part of these accounts.

ADHDAF+ (ADHDAF Plus)

Scottish Charity Number SC053460

STATEMENT OF BALANCES
AS AT 31 JANUARY 2026

Reconciliation of funds	
Cash funds at 1 February 2025	1,438
Net receipts for the year	4,728
Cash funds at 31 January 2026	**6,166**
Bank and cash balances	
Lloyds Bank plc – current account	6,166
Total cash funds	**6,166**
Analysis by fund	
Unrestricted funds	6,166
Restricted funds	–
Total funds	**6,166**

Other assets and liabilities

The charity holds no investments or other fixed assets of its own. At 31 January 2026 there were no material amounts owed to or by the charity.

These accounts were approved by the trustees on ..... and signed on their behalf by:

.....
Amanda Mears – Chair of Trustees

.....
Trustee

ADHDAF+ (ADHDAF Plus)

Scottish Charity Number SC053460

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 JANUARY 2026

1. Basis of preparation

The accounts have been prepared on a receipts and payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 9 of the Charities Accounts (Scotland) Regulations 2006 (as amended). Receipts are recognised when received into the charity's bank account and payments when paid out. The charity's gross income is below £250,000 and the trustees have elected to prepare receipts and payments accounts. The accounts cover the year 1 February 2025 to 31 January 2026. Figures are rounded to the nearest pound. This is the first year in which the charity has carried out significant activity; detailed comparative figures for the previous period have therefore not been presented.

Funds: Unrestricted funds are available for use at the discretion of the trustees in furtherance of the charity's objects. Restricted funds are those subject to specific conditions imposed by the donor or grant-maker; the charity held none in the year.

2. Analysis of receipts

Donations	
JustGiving and Giving.com	2,813
TapTap Giving	5,788
PayPal Giving Fund / PayPal	171
Payroll giving (CAF Give As You Earn)	196
Patreon supporter funds remitted by Hathor (see note 6)	2,309
	11,277
Fundraising events	
Skool of Street fundraiser	766
Style Assembly fundraiser (S Bell)	226
ADHD Father UK event (J Kelly)	65
	1,057
Grants	
CBRE UK Charitable Trust (unrestricted)	500
	500
Total receipts	**12,834**

3. Analysis of payments

Charitable activities	
Support group room hire (Birmingham, Bristol, Oxford, Manchester, Chester)	799
Facilitator and volunteer expenses (mileage, travel, sundries)	526
Freelance fees – Laura Reynolds t/a Hathor (note 6)	3,624
Events – accommodation (Sistaland) and facilitator expenses	607
Printing and leaflets	150
	5,706
Support and governance costs	
Computer equipment – contribution to laptop (note 6)	1,300
Website hosting and campaigns (Squarespace)	337
Google Workspace and Canva subscriptions	513
Trustees' indemnity insurance (Hiscox)	102

Training (NFP Workshops)	95
Bank charges	30
Sundry expenses (cards)	23
	2,400
Total payments	**8,106**

4. Trustees' remuneration and expenses

No trustee received any remuneration from the charity during the year.

Two trustees were reimbursed expenses totalling £134: Kim Pierpoint £38 for Squarespace website subscriptions paid personally on behalf of the charity, and Amanda Mears £96 for expenses incurred on behalf of the charity.

5. Staff

The charity had no employees during the year. Its activities are carried out by the trustees, volunteers and freelance contributors.

6. Payments to Laura Reynolds t/a Hathor and related matters

Laura Reynolds, trading as Hathor, acts as the public face of the charity, hosting and attending events and providing consultation, promotion and creative services. During the year the charity paid her £5,424, comprising freelance fees of £3,624, Sistaland event accommodation of £500 and £1,300 towards the cost of a laptop.

The laptop payment represents 50% of the £2,599 cost of a laptop purchased in the name of a private individual and used by Laura Reynolds in her work for the charity. The laptop is not held as an asset of the charity.

Supporter funds raised through Hathor's Patreon and remitted to the charity during the year totalled £2,309 and are included within donations.

7. Transactions with trustees and connected persons

Other than the expense reimbursements disclosed in note 4, there were no transactions between the charity and its trustees or persons connected with them during the year.

8. Events after the year end

Since the year end, Dr Helen Wall and Abigail Agyei-Jones were appointed as trustees on 27 July 2026, and Lou O'Connell was appointed as a trustee on 10 October 2026.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ADHDAF+ (ADHDAF PLUS)

I report on the accounts of the charity for the year ended 31 January 2026 which are set out on the preceding pages.

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)(a) to (c) of the 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 Charities Accounts (Scotland) Regulations 2006. 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 seeking 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.



.....

Zeeshan Munawar
ACCA
Amzes Accountant
232-236 Green Street
London
E7 8LE

Date: 8 November 2026