ADHDAF+
Annual report
year ending January 2026

Charity (SC053460.2025.1)

	Trustee name	Office
1	Amanda Mears	Chair
2	Kim Pierpoint	Treasurer
3	Aishley Bell Docherty	
4	Samantha Bell	
5	Sohayla Worth	

1 Introduction

I am pleased to present the Chair's Report for the year ending January 2026. This report outlines the activities, governance, and financial position of ADHDAF+ during the reporting period. The trustees have continued to work in accordance with our charitable objectives.

2 Objectives and Activities

ADHDAF+ is established for the public benefit to relieve the needs of and promote equality and diversity of people affected by ADHD in England, Scotland and Wales, who may face discrimination on the grounds of sex and gender, in particular but not exclusively trans women, cisgender women, trans men and non-binary people (covered by the term 'marginalised genders'), by:

a) providing peer support and advocacy with the aim of preserving and protecting the physical and mental health of such people;

b) advancing education about the impact of ADHD in adulthood and raising public awareness to effect change in areas such as healthcare, employment, and post-18 education and raising awareness in equality and diversity;

c) promoting research into the experience of people affected by ADHD, who may face discrimination on the grounds of sex and gender, and publishing the results to the public;

d) eliminating discrimination on the grounds of gender, disability and sexual orientation;

e) cultivating a sentiment in favour of equality and diversity.

Our key activities were focussing on establishing policies and processes for the management of the charity, raising the profile of the charity and encouraging donations, as well as working to establish Peer Support Groups.

3 Achievements and Performance

We introduced ten ADHDAF+ Peer Support Groups across England and Scotland, the two in Scotland being in Edinburgh and Ayr These regular monthly sessions provide an environment for adults of marginalised genders to connect with like-minded individuals and to share and discuss common issues and challenges.

These groups also assisted us with developing a framework to build upon in the future and put in place a structure for organising, publicising future groups and methods for gathering feedback from both the attendees and facilitators to enable us to measure success and continue to improve.

4 Governance and Management

The charity is governed by a board of trustees who are responsible for strategic oversight, compliance, and ensuring that the charity operates effectively and lawfully.

Trustee Changes

Kim Pierpoint was appointed as Treasurer.

Governance Activities

During the year the trustees met quarterly to oversee the charity's governance, reviewed key policies including safeguarding and financial controls and monitored financial performance. The board oversaw volunteer recruitment and induction, and ensured compliance with Charity Commission requirements.

Financial Review

The financial statements for the year show:

- Total income: £12,834

- Total expenditure: £8106.00

Income

- Donations: £12,834.01

Expenditure

Support and administrative costs: £ 8,106.31

Reserves Policy

The charity has yet to set this amount. This will be agreed and set prior to the next Annual Report.

5 Risk Management

As the Charity is still in the early stages this has not been finalised but the process will be in place for reporting on the next Annual Report

6 Future Plans

The trustees intend to focus on the following priorities in the coming year:

- Establish ten new Peer Support Groups by January 2027, which will in turn increase the number of volunteer Group Facilitators.

- Further develop support and processes for the new groups and new facilitators

- Bringing on dedicated volunteers to support trustees and the founder

- Establish and develop the founders role.

- Planning for a number of fundraising and awareness events

- Applying for grants to help support these projects

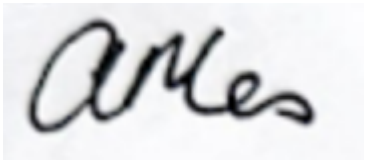
These plans are aligned with the charity's long-term strategy and its commitment to delivering public benefit.

7 Acknowledgements

The trustees wish to record their thanks to our dedicated volunteers, supporters and beneficiaries for their engagement and feedback; and to all our donors and fundraisers.

8 Statement of Approval

This report was approved by the Board of Trustees on 12/02/2026 and signed on its behalf by:



Amanda Mears

Chair of Trustees - ADHDAF+ Charity