



Reference and administration details

Charity Name

Clair's Parents Meeting Parents ADHD Support

Other names charity is known by

CPMP

Registered Charity number

1180986

Charity's principal address

111 Stirling Crescent

St Helens

Merseyside

Postcode

WA9 3TY

Names of the charity trustees who manage the charity.

[illegible]

Names of trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for the whole year

Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution adopted 18/11/2018
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Trustees are appointed or reappointed at the Annual General Meeting

Additional governance issues

Membership of the group is open to parents and carers of children and young people with ADHD.

The trustees oversee the day to day running of the group. The trustees seek the views of members in deciding the activities to run for the parents and carers, and the children and young people.

There is a child protection and a vulnerable adults policy in place. DBR checks are carried out prior to commencement of trusteeship and checks are carried out again in line with statutory requirements.

All trustees give their time voluntarily and receive no remuneration or other benefits.

Objectives and activities

Summary of the objectives of the charity set out in it's governing document	To provide information and support to parents and carers of children and young people with ADHD in St Helens and the surrounding area. To raise awareness and reduce the stigma surrounding ADHD.
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Summary of the main activities undertaken for the public benefit in relation to these objects

In planning our activities for the year we keep in mind the Charity Commission's guidance on public benefit at our trustee meetings. The main activities are as follows:

1. Parent and Carer Support Meetings
2. Youth Club
3. Activities to help adults and children feel less isolated and part of the community.

These activities benefit the parents and carers by enabling them to share experiences in a confidential and relaxed atmosphere, access information and the opportunity to take a break from their caring role. Regardless of personal background, faith, gender or personal circumstances.

The activities benefit the children and young people by developing their self confidence and social skills, and provide the opportunities for them to take part in activities they would otherwise be unable to access .

Additional details of objectives and activities

We are grateful for the many hours volunteers have spent planning, listening to members and fundraising for the group. Without this valuable contribution of time and energy we would not be able to operate.

Achievements and performance

Summary of the main achievements of the charity year

We held 14 adult support meetings, where between 6 and 14 adults took part in various activities including crafts (toilet roll art, glass painting, jewellery making, plant pot decorating), and therapeutic drumming as well as number of carer social activities including meals out and a Christmas meal. We facilitated Youth Connect 5 Course though Wellbeing and a group of 5 attended the parent carer Conference in Liverpool.

Our video was produced which can be seen on our website
We had an information table at the NW Special Needs Conference, Disability Awareness Day in Warrington, Newton Show and in Millenium Centre to raise awareness on ADHD Awareness Day
We held 12 Youth Club sessions which were regularly attended by at least 12 young people. Who enjoyed various activities including guitar taster, games and crafts.

The youngsters also enjoyed a variety of activities including Haigh Hall high ropes, a week at CAFT, roller skating, climbing wall, painting ponies, Saints game, saints training day and Christmas party.

For the families we held Easter Bingo, accessed Gullivers World Community tickets and celebrated the groups 5th Birthday with a sponsored Welly Walk round Carr Mill Dam followed by a party at Park Farm

Trustee's had training with Halton and St Helens VCA and added our group to a Consensus Statement to the government
We raised funds by bag packs at local supermarkets where we also took the opportunity to have an information table.

Financial Review

Brief statement of the charity's policy on reserves

The main financial risk to the charity is the potential of the reduced ability to raise funds due to the Covid 19 pandemic and lockdowns. We will have reduced operational costs and hold enough reserves to cover any unforeseen expenditure that may occur.

Details of any funds materially in deficit

Not applicable

Further financial review details:

Our main source of funds this year has been through bag packs undertaken by volunteers in local supermarkets.
General running costs of the group are low. The main costs are activities, which are planned in advance and are funded by applied for awards and grants. This year we secured a grant from the Lottery to fund the Youth Club and activities 20/21

Other optional information

Future Plans

The coming year will see a development of opportunities and activities for our members and an office base for the group.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature

Full name (s)

Position

Date

Iseabail Malpus
Vice Chair

10/04/2020 amended 23/06/21
