

# ADD-vance

ADHD and Autism Trust



# ANNUAL REVIEW 2016-17

*Supporting families in Hertfordshire*



# IN HERTFORDSHIRE\* THERE ARE OVER:

366,800 children  
and young people  
aged 0–25

3,700 children  
and 9,000 adults  
with Autism  
Spectrum  
Disorder

11,000 children  
and 25,000 adults  
with ADHD

---

## The ADD-vance ADHD and Autism Trust

Foundation House  
2–4 Forum Place  
Fiddlebridge Lane  
Hatfield  
Hertfordshire  
AL10 0RN

[www.add-vance.org](http://www.add-vance.org)

Email: [herts@add-vance.org](mailto:herts@add-vance.org)

Tel: 01727 833963

Reg Charity No. 1158968

---

\* 366,800 children and young people aged 0–25 (Herts County Council, ONS Mid 2016 Population Estimates); 1% prevalence rate for autism (Review of educational provision in Hertfordshire for children and young people on the autism spectrum, Dr Glynis Jones, June 2015); Adult ASD statistics assume lower diagnosis rate (Haffenden All Age Autism Strategy - updated, 2016) 7,500 children and 27,000 adults with ADHD estimated from 3–5% of the population.

# CONTENTS

<b>Our Mission</b>	<b>4</b>
<b>History</b>	<b>4</b>
<b>Message from our Chair of Trustees and our Director</b>	<b>5</b>
<b>Activities</b>	<b>7</b>
<b>Impact Report</b>	<b>8</b>
<b>Performance and Achievements</b>	<b>9</b>
<b>Fundraising</b>	<b>13</b>
<b>How to Donate</b>	<b>15</b>
<b>Financial Report</b>	<b>16</b>
<b>Structure, Governance and Management</b>	<b>18</b>
<b>Special Thanks</b>	<b>18</b>



## Hidden Challenges

### What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a developmental condition that can present with inattentiveness, hyperactivity and impulsiveness. People with ADHD may have above-average intelligence, yet might appear “very dreamy” (unable to pay attention) or “always on the go” (hyperactive).

### What is ASD?

Autism Spectrum Disorder (ASD) is a lifelong neuro-developmental disability that affects how people perceive the world and interact with others.

Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways.

With the right understanding and the right support, people with ADHD and/or ASD can go on to lead rewarding and fulfilling lives.

# OUR MISSION

The ADD-vance ADHD and Autism Trust is a Hertfordshire-based charity, which was founded in 1996.

ADD-vance supports and trains families whose children have Attention Deficit Hyperactivity Disorder (ADHD) and/or Autism Spectrum Disorder (ASD), as well as those professionals involved with them.

Our mission is to increase understanding, provide support and change perceptions of these complex neurological conditions, so as to improve well-being and reduce social isolation for children and young people with ADHD and/or ASD and their families.

ADD-vance is run entirely by highly qualified and supervised parent carers of children, young people and adults with one or both of these conditions, who are 'experts by experience' as well as being trained in teaching, social work, psychology and Special Educational Needs and Disability (SEND).



## HISTORY

ADD-vance was founded 20 years ago in 1996 as a constituted voluntary organisation in Hertfordshire, by our current Director, Anne Ross, who set up a telephone helpline in her own home and started the first support group for family members affected by ADHD and/or autism in Hertfordshire.

In 2010, ADD-vance broadened its range of services and began to formally collect data and in that year 1,224 stakeholders directly accessed our services. By 2016–17 this number rose to 4,800. In September 2013 ADD-vance became a Charitable Trust and in October 2014 it became a Charitable Incorporated Organisation (CIO).

# A YEAR OF GROWTH

## A Message from our Chair of Trustees and our Director

This year 2016-2017 has been another great year for ADD-vance with growth in all areas. With the increasing awareness around autism, this year has again, seen an increased demand for our services. Our membership has increased as families seek help while waiting for an NHS assessment and diagnosis.

Challenges with funding continued this year as demand yet again outstripped funding available. Because of this increased demand, we reviewed our staffing structure to ensure that we can continue to help as many families as possible. We have therefore recruited and trained a further 6 new coaches and 4 new trainers to supplement our coaching and training teams. In addition, we have increased the office support to meet this growing demand and now employ 6 part time staff and the office is open from 9.00-1.00 for five days each week allowing even more people to get in touch and receive support.

Fundraising remains our main source of income, as we have not had the benefit of any central government grants again this year. Our fundraisers have continued to do an amazing job supporting us. Running, walking and cycling long distances seem to have been the most popular forms of fundraising however we have also enjoyed the continued support of St Albans

Cathedral through the Congregational Mission Giving and from the St Albans Bach Choir Christmas concert 2016.

Welwyn Garden City Golf Club chose to support us this year and through their efforts raised a phenomenal amount of unrestricted funding which we will allocate to projects for next year.

Our families came together for the annual Easter Egg Hunt and raised funds for ADD-vance as well as having a wonderful time with like-minded families. In addition, we held a summer family occasion in celebration of our 20 years at ADD-vance where we again welcomed families to enjoy fun and games in the safe environment of Chaulden adventure playground in Hemel Hempstead. Families brought their own picnic and relaxed in the sunshine while the children played. Our Christmas on-line raffle 'Countdown to Christmas' in December was a great success too and will be repeated next year if possible.

Our unique Specialist Coaching Service received an increase in referrals this year and 888 coaching sessions were completed with families of children and young adults with ADHD and Autism in their own homes and funding was supported by Hertfordshire County Council through Personalised Commissioning and the Delivering Special Provision Locally funding in

Dacorum (DSPL8). Our partnership working with DSPL 8 has also supported us to increase the range of courses available in Decorum with the addition of more specialist courses such as Autism In Girls.

Moving into 2017-18 ADD-vance will continue to support families and professionals in accordance with our charitable aims. Reducing stigma and increasing social inclusion through education and awareness of these lifelong disabilities will continue to be our mission. As available funding is reduced further, we will be required to support the work of the statutory services where we can and will continue to do so with our passion and drive.



*B. Gleeson*

**Beverly Gleeson**  
Chair of Trustees



*Anne E. Ross*

**Anne Ross**  
Founder and Director





**ADD-vance Training & Coaching Team**  
(not pictured Kirsty North & Vicki Whent)

# ACTIVITIES

## Our highlights

We have delivered 10 full 6 week parenting courses which was enabled by funding through Hertfordshire County Council's Targeted Parenting Fund and the local DSPL (Delivering Special Provision Locally). All courses were again oversubscribed and we continue to look for new possibilities to fund more of these very popular courses for parents.

Our training schedule has grown this year with the introduction of even more topics. In particular, the peer awareness sessions in schools have been popular and aim to reduce stigma, increasing awareness and promoting classroom acceptance of children who have ADHD and Autism. We will continue to grow this service across Hertfordshire.

All operational staff undertook an updated safeguarding training course funded through the Hertfordshire Community Foundation and one member of the team also trained as a trainer so new team members can now be trained internally. We grew the office team by one additional member to cope with an increase of enquiries and to manage the increase back-office tasks as a result of higher demand. This along with streamlining processes in the office has enabled us to increase our office opening hours from four to five days each week. A new accounting package and payroll systems were introduced this year making our accounting systems more streamlined and in line with current Government requirements.

We have now settled into our new office in Hatfield and as a result have been able to welcome volunteers into the office to support our work. We have also been able to welcome other professionals and commissioners for meetings and consultations.



ADD-vance provides a range of services at different venues throughout Hertfordshire including:

- Helpdesk
- Support groups (monthly in Hertford and St Albans)
- Training workshops and courses for parent carers
- Training workshops and courses for professionals (eg education, social care, health, criminal justice)
- Specialist coaching in the home
- Consultations for families and professionals
- Facebook groups

ADD-vance provides a range of topics in its Training Workshops, such as:

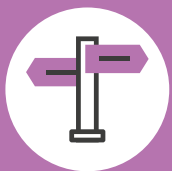
- Understanding ADHD and/or ASD
- Managing Anger and Anxiety (Supporting ADHD and/or ASD in School)
- Supporting Students with ADHD and ASD in School
- Autism and Girls
- Sensory Differences
- Writing Social Stories
- Understanding ADHD and ASD in Police Custody



# IMPACT 2016-2017



## Helpdesk and Website



1,285

Helpdesk calls answered

12,097

website visits

Offer reliable information and signposting (local and national) to raise awareness of ADHD and autism.

Helpdesk: 01727 833963  
herts@add-vance.org

## Facebook and Support Groups



1,520

members used the Facebook group

221

family members attended support group meetings

Bring parent carers together to share experience and support to increase understanding diagnosis, behaviour and coping with change.

Facebook/The ADD-vance  
ADHD and Autism Trust

## Parent Carer training



349

parent carers trained to better understand how ADHD and Autism can affect family life, so as to build stronger, more resilient families

Build stronger, more resilient families, enabling children and young people to develop more skills and confidence to be happy and fulfilled at work, in their community and in their own homes.

Tel: 01727 833963  
training@add-vance.org

## Professionals training



1,169

professionals trained to better understand ADHD and Autism and improve their support to families

Increase the understanding and skills of professionals involved with these families, so as to offer more effective, individualised support.

Tel: 01727 833963  
training@add-vance.org

## Specialist coaching



190

families received specialist coaching in the home

Offer in-depth, personalised support in the home for families facing significant challenges.

Tel: 01727 833963  
coaching@add-vance.org



# PERFORMANCE AND ACHIEVEMENTS

## COACHING AT HOME

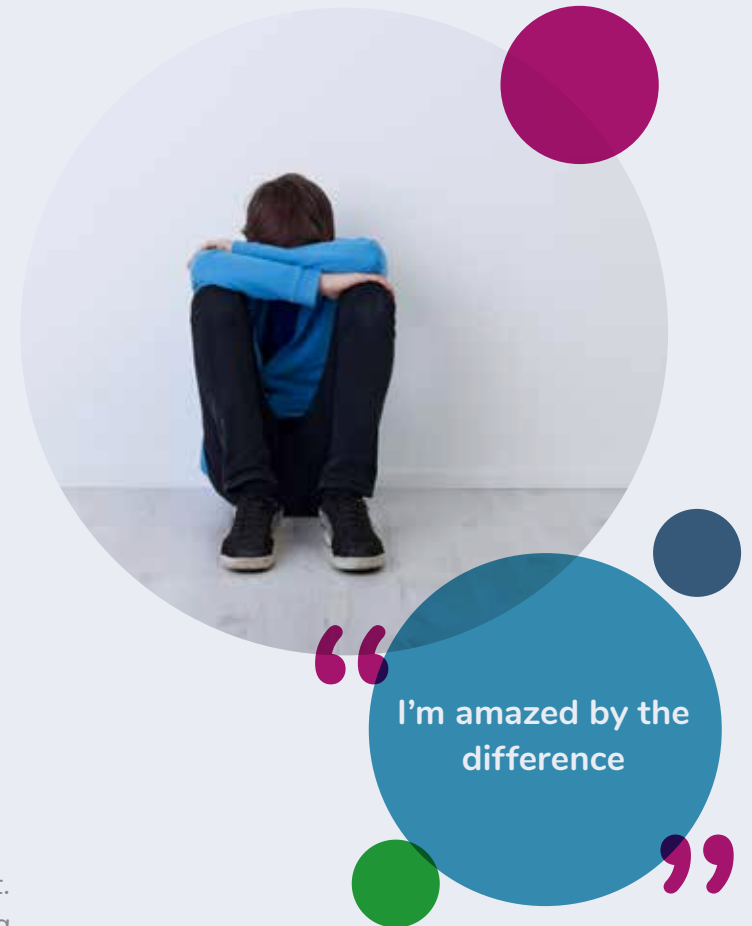
B is 10 years old and now has a diagnosis of ADHD, although at the time of the sessions he was undiagnosed. B's Mum, F, a single mother, was referred to ADD-vance by her school SENCO to help deal with challenging behaviour at home and to come to terms with the potential diagnosis and what this would mean for the family. She received a course of 8 sessions.

B's behaviour at school could be challenging at times but the focus for our work was his behaviour at home where he displayed frequent anger and was prone to meltdowns which were causing concern for F, especially in relation to her younger son's safety and wellbeing.

F felt that she had a good measure of when B might be heading into meltdown but was not sure how to help diffuse his rage. B already found his bed calming, so F developed this further by keeping a variety of sensory toys under his pillow and hanging curtains around the bed to ensure his bed felt like a safe space for him. B resisted this at first but over time he started voluntarily using his safe space to

help self-soothe and avoid rage escalation. The entire family also started using 'The Incredible 5 Point Scale'\* to express their emotions and to help B identify when he may want to go to his safe space to calm down. F also developed her understanding of the rage cycle and took on board that B needs his space (physically and emotionally) when in meltdown to help reduce the severity and length of his rage. F reported this had made a massive difference to the duration of B's meltdowns and her resulting stress levels.

F also focused on building B's self-esteem, as years of being undiagnosed had resulted in him picking up the label 'naughty'. F ensured that all certificates and accolades were displayed prominently in the house and allowed B to decide on his own reward system for positive behaviour which ensured he was motivated by it. This new system was very helpful in establishing new positive routines in the home, especially the school day morning routine which had previously been a regular cause of difficulty.



“I'm amazed by the difference”

\* The Incredible 5 Point Scale is a tool developed by Kari Dunn Buron which aims to help children identify and control their emotional responses

# PARTNERSHIP WITH PARENT CARERS

## Training Workshops for Parent Carers

D attended the 'Time Out for ADHD & ASD for Dads', a dedicated evening course aimed at Dads and male carers. D had been signed up by his wife and while willing to attend, was not fully engaged in the course to start off with. D's daughter C had recently been diagnosed with Autism after a fast-track assessment which he had not been able to attend, therefore he did not feel completely involved in the background of her diagnosis nor fully informed about what it meant.

D reported that C displayed demand avoidant behaviours at home which were putting a strain on the whole family. His instinct was to challenge these behaviours with firm discipline, which he had not found to be consistently successful and often resulted in prolonged emotional distress from C. During the final weeks of the training course, as we discussed empathy, anxiety and discipline, D was able to step back from his assumptions about what makes a 'good child' or a 'good father' and consider C's unique experience of the world. While he found the process quite challenging, he was able to challenge his own assumptions and made himself a commitment to consciously treat C with empathy while the family were experiencing challenging behaviour to reduce conflict and improve home life for the whole family.

# SUPPORT GROUPS

Every month, ADD-vance Support Groups are held in Hertford and St. Albans with an average of 15 participants dropping in to support and learn from each other, with each session led by our experienced specialist coaches.

Donations enabled us to recruit three new trainers this year and this resulted in a **71% increase in the number of participants in receipt of training**, a small step towards meeting the overall demand.

(Six-week Parent Courses): In 2016–17 ADD-vance Specialist Trainers delivered ten 'Time Out for ADHD and ASD' parent courses in different venues across Hertfordshire. **147 participants in total.**

Evaluation measured eight areas: emotion, play, empathy with the child, parental confidence, discipline, pressures, self-acceptance and learning.

Improvements were in all eight areas and significantly in:

- e Knowing what my child needs from me improved 28%
- e I can feel in control as a parent increased 23%
- e Knowing that I am a good parent improved 17%

# WORKING IN PARTNERSHIP

ADD-vance prides itself on building and maintaining relationships with local services which enable us to provide as much support to parents and professionals as possible. Over the last year we have further developed several key strategic relationships with Hertfordshire based services and teams including Hertfordshire Community Foundation, DSPL areas (Delivering Special Provision Locally) and PALMS (Positive Behaviour, Autism, Learning Disability and Mental Health Service)

## Herts Community Foundation

HCF is a Hertfordshire based charitable foundation which distributes funds to local groups and charities to provide much needed services in the local area. Our continuing relationship with HCF has enabled us to recruit two new specialist coaches and deliver safeguarding training to our entire team.

## DSPL areas

We work closely with the DSPL teams across Hertfordshire to organise and fund training, coaching and support for local families and professionals.

## PALMS

We are proud to support PALMS in providing support to parents of children with Autism in Hertfordshire. This year we have continued to work with PALMS clinicians to deliver parent workshops and offer support to families waiting for the PALMS service, by providing specialist coaching sessions in the family home.

## Herts County Council

Our partnership with Hertfordshire County Council (HCC) has continued this year with funding for our 6 week Time Out for ADHD and Autism courses through the Targeted Parenting Fund. In addition, we have been able to work with an increasing number of families funded to receive our specialist coaching in the family home through Personalised Commissioning. We continue to work closely with Commissioners to find ways to support those families sent to us for support from both education settings and social care services.

## Social Workers

In November 2016, 30 Social Workers were trained in Understanding and Managing ADHD.

This is what they had to say about the experience

“I am now more aware of the common behaviours of individuals with ADHD”

“I have a better understanding outside of the stereotypes”

“I can take this back to work and make a difference”

“I will make more time for people... allow them extra time”

# FACEBOOK

## An online support community

1,800 members access our closed Facebook group, including Mums, an increasing number of Dads, other family members, as well as professionals. New members join every week and daily posts frequently encompass: getting a diagnosis; behaviour strategies; anxiety management; sensory differences; coping with change; school transition; ideas for keeping busy during school holidays; medication; food and sleep. Members are often signposted to local services, share bright ideas and success stories as well as relevant media stories. This online community can be a source of strength, encouragement and inspiration, especially to families who experience social isolation and stigma.

“Our family is normal... just a different kind of normal”

“ADD-vance is a safe place, where we and our children are understood and celebrated.”

“Gave me hope for the future”

“It really helps to know I’m not going through this alone”

“ADD-vance celebrate the highs and support you through the lows of life with autism... I would be lost without it”

“So helpful to meet other parents that understand your life who you can share ideas with”

“Now we celebrate his diversity and life has become calmer, clearer and less stressy!”



# FUNDRAISING

The volunteer Fundraising Committee has been actively involved in running exciting events such as the Easter Egg Hunt, Summer Picnic, Countdown to Christmas to raise much needed funds for our charitable services

## St Albans Bach Choir

In December, St Albans Bach Choir held a Christmas concert in the Abbey and kindly chose ADD-vance as their charity of the night. Their beautiful concert raised a fabulous £2,520!



## Easter Egg Hunt

Our dedicated, determined, delightful fundraisers Eleanor Griffiths and Nicky Tutt (alongside our own Anne Ross), once again delivered a fun-filled, inclusive Easter Egg Hunt for 100 of our families, raising nearly £400 for ADD-vance along the way



# FUNDRAISING

## Welwyn Garden City Golf Club

Tony Smith and Carol Pomroy nominated us a charity of the year at the golf club and raised an amazing £15,430!



## Lucy & Oliver's Big Walk

Matthew Marchant and Michael Stranders organised this walk from Great Ormond Street Hospital in London to Keech Hospice Care in Luton and raised £2,500 in sponsorship.



## 20th Anniversary Family Picnic

## John Lewis Partnership

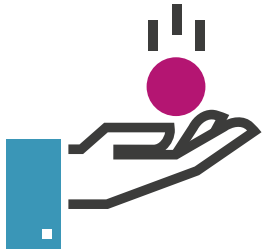
We were delighted to be included in the "Community Matters" token collections in John Lewis's Cafe and Waitrose supermarket in Welwyn Garden City which raised £820.

## Countdown to Christmas Raffle

Christmas 2016 saw our tireless fundraiser Eleanor Griffiths raise over £1000 for us with an exciting prize a day draw throughout Advent.



# WAYS TO DONATE



## Making a one-off or regular payment

<http://uk.virginmoneygiving.com/giving/>

You can make regular payments via Direct Debit, make a one-off donation or run a sponsored event through this web site. Just search for ADD-vance.



## While you are shopping online

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

[www.giveasyoulive.com](http://www.giveasyoulive.com)

Whenever you shop online Easyfundraising or Give as you Live will donate a percentage to ADD-vance without it costing you any more for your goods.



## Enquiries or questions please contact:

[Herts@add-vance.org](mailto:Herts@add-vance.org) or 01727 833963



“Being a member of ADD-vance is incredibly empowering and just knowing you’re not alone helps”

# 2016–17 FINANCIAL INFORMATION IN SUMMARY

## Income

£187,052

## Expenditure

£167,117



“

ADD-vance does not receive any regular statutory funding to cover our services and core costs. Yet referrals to our services, without any associated funding, is increasing dramatically

”

## Surplus

Goes to provide further free services for families such as support groups, the helpdesk, website and Facebook. In addition it helps in the development of future services and infrastructure to keep ADD-vance operational



# 2016–17 FINANCIAL INFORMATION

## THE DETAIL

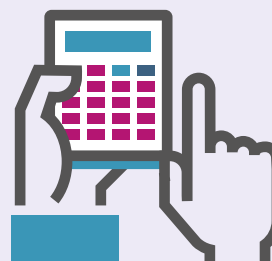
INCOME	2016–17 Rounded to nearest £ thousand	2015–16 Rounded to nearest £ thousand
Training	69,450	53,000
Coaching	57,791	55,000
Fundraising	20,583	17,000
Donations	22,233	24,000
Other income	16,995	
<b>Total</b>	<b>187,052</b>	<b>149,000</b>

EXPENDITURE	2016–17 Rounded to nearest £ thousand	2015–16 Rounded to nearest £ thousand
Training	67,088	45,000
Coaching	53,668	46,000
Fundraising costs	3,807	28,000
Support (e.g. Website, Facebook group)	15,000	4,900
Misc. core costs	27,554	10,700
<b>Total</b>	<b>167,117</b>	<b>134,000</b>

The financial information summary is derived from our annual accounts prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

A copy of our independently examined accounts for the period of 01.04.2016 - 31.03.2017 is available on the Charity Commission website.

### Example costs (per annum)



£4,500 will fund a half day per week for a year of Helpdesk services (e.g. Answering Helpline calls and emails; moderating Facebook group plus administrative support to the Volunteer Fundraising team and monthly Support Groups)

# STRUCTURE, GOVERNANCE AND PEOPLE

## Trustees:

- e Beverly Gleeson
- e Elisabeth Barlow Jones
- e Dr Kirsty Saunders
- e Chris Harrison

## Director:

- e Anne Ross

## Training & Development Manager:

- e Carolyn Green

## SPECIAL THANKS GO TO:

Kacey Ainsworth, Nicky Tutt, Eleanor Griffiths, Robert Secoy, Magda Witkowska, Pippa Simou, Lisa Brambilla, Robert Brewis, Lee Ogden, Mark & Catherine Ainsworth, E.V. May, Steve Ross

We would also like to thank Welwyn Garden City Golf Club – especially Tony Smith and Carol Pomroy, Dyrham Park Golf Club, The St Albans Bach Choir, Hertfordshire Community Foundation, John Lewis Partnership, The Congregation of the Cathedral and Abbey Church of St Albans, St Albans City and District Council, Chipping Barnet Lodge, St Joseph In The Park Parents' Fellowship, Several "Delivering Special Provision Locally" Areas, The Plough Sleepshyde and all the generous donations from local schools, individual donors, fundraisers and our amazing volunteers.

# Fundraising ideas A to Z

## A

- Ask – you'll never know if you don't!
- Abseil – scale a local building
- Aluminium Collection – collect empty cans and sell them to an Alupro aluminium can recycling depot. Contact [info@alupro.org.uk](mailto:info@alupro.org.uk) for your nearest recycling site
- Art – ask friends who are artists or photographers to donate their work, or approach local artists. Stage an exhibition and charge entrance fee and commission
- Auction – auction off original items, taking a percentage of sales.

## B

- Be enthusiastic!
- Bad tie day – charge your colleagues a pound to come in wearing their loudest tie. Award the winner.
- Baked bean bath – get sponsored to spend a day in a bath of beans!
- Ball throwing – how far can you throw a ball?
- Barbecue – charge for the burgers and sell drinks
- Battle of the bands – Contest for unsigned bands. Charge entry and invite record producers.
- Beat the goalie – penalty shoot-out
- Bingo – hold a one-off evening or regular morning sessions.
- Book sale – sell old books, collected from everyone you know. Second hand bookshops may buy left over stock
- Bring and Buy Sale
- Bungee jump

## C

- Cake stall – hold a cake stand at fairs. Check health and safety regulations
- Cake baking contest or baking and selling cakes to friends/colleagues
- Car Boot Sale – cash in your old belongings.

- Car wash – wash cars at shopping centres or office car parks
- Christmas cards – enclose a flyer about your event with a reply slip for pledges
- Coffee morning
- Community Sunday brunch/picnic – in the village or school hall
- Copper coins – collect 1p and 2p pieces from all of your friends

## D

- Donations – get companies to donate prizes, provide venues
- Dance-off
- Darts evening
- Diet – get friends and colleagues to join you, £1 for pound!
- Disco
- DJ – ask any DJs you know to do the music for an event
- Dog walking – charge your neighbours and friends for the service
- Drawing competition
- Dress down day at work
- Drink – get sponsored to give up alcohol

## E

- Email all your friends and get them involved
- Expert Talks – ask people to donate their time and expertise

## F

- Face painting
- Family fun/sports day
- Fashion show Fair or fete
- Fancy dress party – pay and win prizes
- Film evening – recreate an evening of vintage cinema by showing classic films and musicals and charge an entrance fee
- Football/Netball – sweepstake for tournaments with friends or at work

## G

- Gift Aid it!
- Games – twister, Jenga, Team trivial pursuit. Pay to enter, donated prizes
- Garden party – sell tickets or invite guest to make a donation
- Gardening – offer your gardening services to friends and family
- Go- karting – organise a work trip
- Golf tournament
- Greeting cards – make and sell cards for every occasion
- Guess the number – e.g. guess how many sweets in the jar or how many pies you can eat!

## H

- Hair – cut people's hair and get someone to shave off a treasured beard!
- Halloween party
- Horse racing – sweepstake at work

## I

- Involve everyone you know!
- International themed evening – a buffet dinner, with each friend bringing a dish from a different culture
- Ironing – offer your ironing services

## J

- Join in with an existing event in your community (e.g. a fun fair, school fete) and run a stall or activity
- Jewellery making – buy your own beads and sell at a craft market or fete
- Juggling – How long, or how many balls can you keep in the air?
- Jumble sale

## K

- Karaoke night
- Knitting – sell scarves, hats, ponchos

## L

- Left-handed day – try doing everything with your left hand for the day
- Lent – get sponsored to give up chocolate!
- Look-a-like contest

## M

- Make the most of your talents – make necklaces, sculptures or cook food to sell
- Magic shows
- Marathon – get sponsored to run 26.2 miles!
- Massage – charge friends and family
- Mobile Phone recycle – collect old mobiles (£3 raised per phone). Contact Refuge.
- Murder Mystery night – dress the part to make it more fun!
- Music concert

## N

- News Year's Eve party

## O

- Odd Jobs – help out friends for cash
- Outward bound

## P

- Press – tell your local paper what you are doing
- Paintballing
- Party! – 60s, 70s, 80s. Dress up!
- Play
- Postage stamps – collect and sell stamps to dealers
- Press-ups challenge
- Private Tuition – teach French or Flamenco, sell your skills
- Pub crawl
- Persuade your boss to hold a fundraising day for team building purposes

## Q

- Quiz night – get your local pub to help

## R

- Raffles
- Read-a-thon

## S

- Silence – get sponsored to keep quiet for a day!
- Smoking – get sponsored to give up and get healthy!
- Sponsored walk/bike ride
- Sponsored skipping/hoola-hooping
- Sponsored clean-up – the playground or the local park
- Stars in their eyes – get your friends to dress up like someone famous
- Static bike ride in the gym
- Stay-awake-a-thon!
- Swim-a-thon

## T

- Table tennis challenge
- Talent contest – charge admission
- Taxi your friends around at a fee!
- Tea mornings – put the kettle on and get baking. Entertain guests with raffles and auctions
- Ten pin bowling – bowling alleys sometimes have special rates
- Toy sale
- Treasure hunt – entry fee and donated prizes

## U

- Unwanted gifts – get friends to donate items and have a boot sale

## W

- Wacky ideas are the best
- Wine & Cheese party – use homemade wine
- Wine tasting – hold tasting sessions for wine companies
- Work – Ask your workplace to match what you fundraise



**The ADD-vance ADHD and Autism Trust**

Foundation House  
2-4 Forum Place  
Fiddlebridge Lane  
Hatfield  
Hertfordshire  
AL10 0RN

[www.add-vance.org](http://www.add-vance.org)

Email: [herts@add-vance.org](mailto:herts@add-vance.org)

Tel: 01727 833963

Reg Charity No. 1158968

Document design in partnership with TDL-Creative

[www.tdl-creative.com](http://www.tdl-creative.com)

