

PARKINSONS.ME

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2024



LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Norman Telford (resigned as Chair 31 March 2024)

Ruth Bachelor

Rosie Chadwick

Peter Cook

Martin Cowell (resigned 31 December 2024)

Gary Strickland

Charity number

1166531

Address of principal office

Parkinsons.Me

c/o 21 The Old Pound

Wootton

ABINGDON

Oxfordshire

OX13 6BQ

CONTENTS

	Page
Trustees' report	2
Statement of financial activities	8
Statement of financial position	9
Notes to the accounts	10

TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2024

The trustees present their report and accounts for the year ended 30 April 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and *'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)'* (as amended for accounting periods commencing from 1 January 2016).

About Parkinsons.me

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's at the age of 41. Ewan and Tracey recognised that when someone is diagnosed the focus (understandably) is on the person with the diagnosis, but in reality the impact is much wider. Family members value help and support to navigate challenges and establish a 'new normal'. Community support also goes a long way, and all of us - friends, neighbours, employers – can play our part, helped by a better understanding of the condition.

Reflecting this, Parkinsons.Me exists to provide support, advice and information to help people with Parkinson's and those closest to them manage their daily lives in the most positive way possible.

Our formal 'charitable objects' – the aims guiding our activities - are set out below. The trustees have paid due regard to the Charity Commission's guidance on public benefit in carrying out their duties and looking at how best to fulfil these objects.

Our charitable objects:

To promote good health and wellbeing for the public benefit in particular but not exclusively by:

- educating and offering support to people with Parkinson's
- raising awareness of the condition
- providing practical information and resources to people with Parkinson's and their families
- following up on and reporting on the latest research with regard to diagnosis, prevention and treatment (informing the public on the useful results of such research).

Our key activities and achievements

The year saw the further development of established activities – our community garden, MoveMe exercise classes and linked MoveMe Mates group, regular coffee mornings and HearMe counselling offer – together with an increase in awareness raising, outreach and partnership development.

Parkinsons.Me community garden

Our community garden continued to flourish thanks to tireless and creative leadership from trustee Gary Strickland, aided by a team of volunteers. Key physical enhancements through the year included installation of a composting toilet, made possible by a generous donation of £1,000 from local councillor Sally Povolotsky; construction and planting of a gravel garden; creation of a mini orchard and a rose bed planted up with eight specialist roses. The following local companies provided support through their corporate charity volunteering initiative: Taylor Francis, Richardo, Millar Cameron. The charity also benefitted from a donation of gravel for the gravel garden and from a set of lightweight gardening tools donated by the company Wilkinson Sword.

A team of four volunteers helped to maintain the garden on a regular basis. The team supported three Duke of Edinburgh students during the year, enabling the students to develop horticulture skills and other life skills such as following instructions, planning and problem solving.

The charity ran a second green therapy course in conjunction with a local GP, securing funding for further 'gardening on prescription' courses in 2024-25.

Another highlight of the year was the annual summer party, hosted at the garden in July 2023. This was well attended by the Parkinsons.Me community, friends, and individuals that had attended the gardening on prescription course.

Quotes left on the graffiti board in the garden highlight the many different benefits that people gain from coming to the garden, as these examples illustrate.

- *Class place with a great message*
- *We loved painting. I hope you enjoy the colourful bench*
- *We came again, had great fun being the umpire*
- *This place is amazing. Thank you.*
- *It is really nice here and very calming. Thank you*
- *It is so relaxing and calming*
- *We've had the best day in such a beautiful and unique place. Thank you so much.*
- *Wow! What a great place to come across. Amazing!*
- *We love coming here to the 'Special Garden'*

MoveMe

The year saw the fifth anniversary of MoveMe exercise classes. We held forty-three classes across the year, alternating between face-to-face classes and sessions over zoom. Fourteen new members joined during the year. With thirty-seven members registered in all, managing the take-up of places so that everyone who wished to could take part was a regular preoccupation.

Feedback received over the year by physios Jo and Sherene underlines the benefits members gain from taking part:

- *I want to thank you for all of the sessions you've done this year, they have been very helpful and also enjoyable.*
- *Can I say a big thank you for all your efforts on our behalf over the last year.....it really makes a big difference to our quality of life.*
- *I LOVE your class*
- *I do find your classes fun and very helpful.*
- *Thank YOU Jo - and most of all for your caring and smiling, upbeat leadership of Move.Me. That is hugely appreciated by us all.*
- *Thank you so much for your wonderful sessions.*

The charity continued its support got a second MoveMe class, in Caversham. Momentum at this class built slowly but steadily through the year, though the 'companion' MoveMeMates group continued to be harder to develop.

MoveMeMates

The original 'MoveMeMates' - partners, drivers, family members and carers of MoveMe class members – met regularly through the year in parallel with in-person MoveMe classes.

The group continues to be highly valued as a confidential space where people can speak freely, be guided to sources of further information and help, chat with people in similar positions, laugh and enjoy each others' company over coffee and cake. Having a partner in the exercise class is not compulsory: during the year the trustees agreed that, where appropriate, the charity would cover the cost of carer support to enable partners of people with Parkinson's to take part in MoveMeMates.

HearMe

The charity continued to receive a small number of requests from people with Parkinson's or family members to take up our offer of counselling sessions, with five individuals supported through the year (two ongoing and three new people within the year) and other enquiries responded to. One of those supported had Parkinson's, while four were relatives of people with Parkinson's. Our hope is that take-up will increase as awareness of the service grows, since feedback suggests that this support can be invaluable.

CoffeeMe

Coffee Me, our informal monthly coffee gathering where people affected by Parkinson's, their friends and family members can spend social time together, went from strength to strength during the year, with attendance approaching thirty in peak months. Those attending describe being helped by being able to 'meet up locally with lovely people who are also in the same position as us.' As this person put it: *'We look forward to these catch ups every month! Sharing similar experiences and helping with useful tips how to live with Parkinson's and manage symptoms is a great benefit for us all.'*

Communications

The year saw a step change in awareness raising and partnership development, supported by production of new marketing materials and work on website development.

Four newsletters were sent to our database, successfully engaging with our existing network of 'friends' and supporters.

Contacts made with 76 care homes and 62 medical centres across Oxfordshire resulted in 3 key care homes expressing interest in collaborating with Parkinsons.Me. Meetings were also held with the Chair of Oxfordshire County Council and with the local MP, paving the way for future collaborations and support.

In May 2023 the charity hosted a Care and Share event in conjunction with Parky Pals and Home Instead charities. Nearly 40 attendees, a number of whom were new to Parkinsons.Me, attended the event which featured a range of presentations on topics such as exercise, diet and constipation, Parkinson UK's First Steps programme and the offers of the charities involved. Feedback on the event was very positive, with suggestions that it might be repeated.

The year saw significant growth across all communications channels with Facebook followers up 9% to 9,289; Instagram followers up 39% to 2,081; website visits up 24% to 2,215; a new presence established on LinkedIn and a 20% increase in email subscribers. These connections and developments are crucial as we work to expand our impact and support those affected by Parkinson's in Oxfordshire and beyond.

Fundraising

We continued to benefit from many acts of generosity, including some substantial donations, for which we are extremely grateful. Additional fundraising activities, many led by our Communications Officer Justine Nunn, resulted in Parkinsons.Me securing grants from TRUCK, the Hospital Fund, OCVA/the Connected Communities Fund, the Co-op and Wallingford Dog Show.

Other

Finally, the year saw innovative work by former Parkinsons.Me chair Mike Ayre to design an insert for a mug aimed at helping people with Parkinson's manage hot drinks safely and work by volunteer John Govans to explore the potential of a bowls group. Costs of prototyping the mug have so far proved prohibitive, but we hope this imaginative work will bear fruit in the future. With funding now secured for bowls equipment we hope this further exercise opportunity can shortly be put in place.

Looking ahead

In the year ahead we intend to continue with awareness raising and partnership development so that all those who can benefit from support know about the help on offer. Other plans involve:

- further developing the garden, including delivering two gardening on prescription courses
- supporting the continuing development of MoveMe and MoveMe Mates, including in Caversham
- increasing take up of Hear Me
- introducing bowling.

Efforts are underway to recruit new trustees, including a replacement for our interim Chair who stepped down in March 2024. We will be continuing these efforts in 2024-25. We will also be maintaining our emphasis on fundraising, both to sustain our current projects and to develop new models of support to benefit people living with Parkinson's and their families.

Structure, governance and management

Parkinsons.Me is a charitable incorporated organisation registered with the Charity Commission for England and Wales on 14 April 2016.

Our Board of Trustees met eight times in 2023-24. Trustees are identified through a mix of open advertising and targeted approaches. During the reporting period half of our trustees had personal experience of Parkinson's, either themselves or through a member of their family, bringing first hand insights into our deliberations.

The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

Financial review

Both income and expenditure increased by about £2,000 over the prior year, resulting in a deficit of some £5,000 in both years. The trustees have agreed it is appropriate to hold sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. As at 30 April 2024 our unrestricted reserves were £19,955, equating to just over eight months' regular outgoings. We have refocused some communications activity on fundraising and will continue to control our income and expenditure carefully to remain compliant with our reserves policy.

The trustees' report was approved by the Board of Trustees.

Trustee:  N E TELFORD

Dated: 12/2/2025

**Statement of Financial Activities
Including Income and Expenditure Account**

For the Year Ended 30 April 2024

	Notes	2023 (Restated)		2024		
		Unrestricted	Restricted	Unrestricted	Restricted	Total
		£s	£s	£s	£s	£s
Income from:						
Donations and legacies	3	21,015	500	20,361	3,455	23,816
Charitable activities	4	447	-	-	-	-
Total Income		21,462	500	20,361	3,455	23,816
Expenditure on:						
Raising funds	5	6,900	-	7,276	-	7,276
Charitable activities	6	20,823	-	20,629	1,361	21,990
Total resources expended		27,723	-	27,905	1,361	29,266
Net income for the year/ Net movement in funds		(6,261)	500	(7,544)	2,094	(5,450)
Transfer between funds		-	-	-	-	-
Opening Fund Balances		35,466		29,205	500	29,705
Closing Fund Balances		29,205	500	21,661	2,594	24,255

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

2023 figures restated to recognise proportion of employee time spent on Raising Funds

Statement of Financial Position

As At 30 April 2024

	2023 (Restated)		2024	
	Unrestricted	Restricted	Unrestricted	Restricted
	£s		£s	
		Total		Total
Current Assets				
Stocks	-	-	-	-
Cash at bank and in hand	30,764	31,264	22,967	25,560
	<u>30,764</u>	<u>31,264</u>	<u>22,967</u>	<u>25,560</u>
Creditors : amounts falling due within 1 year	(1,559)	(1,559)	(1,306)	(1,306)
Net current assets	<u>29,205</u>	<u>29,705</u>	<u>21,661</u>	<u>24,255</u>
Restricted Funds	-	500	-	2,594
Unrestricted Funds	29,205	29,205	21,661	21,661
Charitable Funds	<u>29,205</u>	<u>29,705</u>	<u>21,661</u>	<u>24,255</u>

Notes

These accounts were approved by the Trustees on 12/02/2025

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 Mr Norman Telford

Notes to the financial statements

1. Accounting policies

Charity information

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies (continued)

1.5 Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Charitable activities include expenditure associated with meeting its charitable objectives. This includes the cost of grant making, and direct provision of charitable services.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

PARKINSONS.ME

Notes to the Financial Statements (continued)

For the Year Ended 30 April 2024

	2023 (Restated)			2024		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
3. Donations and legacies						
Donations and gifts	21,015	500	21,515	20,361	3,455	23,816
	<u>21,015</u>	<u>500</u>	<u>21,515</u>	<u>20,361</u>	<u>3,455</u>	<u>23,816</u>
4. Charitable activities						
Sales within charitable activities	380	-	380	-	-	-
Fundraising events	67	-	67	-	-	-
	<u>447</u>	<u>-</u>	<u>447</u>	<u>-</u>	<u>-</u>	<u>-</u>
5. Raising Funds						
Fundraising and publicity costs	6,900	-	6,900	7,276	-	7,276
6. Charitable activities						
Charitable expenditure	13,277	-	13,277	12,813	845	13,658
Share of support costs (see note 7)	6,934	-	6,934	7,010	462	7,473
Share governance costs (see note 7)	611	-	611	806	53	859
	<u>20,823</u>	<u>-</u>	<u>27,723</u>	<u>20,629</u>	<u>1,361</u>	<u>29,266</u>
7. Support costs						
<u>Support Costs</u>						
Advertising and marketing	405	-	405	1,222	81	1,302
Bank fees	32	-	32	108	7	115
IT Software & Consumables	950	-	950	589	39	628
Insurance	802	-	802	329	22	351
General expenses	145	-	145	213	14	227
Employment costs	4,601	-	4,601	4,550	300	4,850
<u>Governance Costs</u>						
Trustees' meetings	396	-	396	773	51	824
Accountants' fees	180	-	180	-	-	-
Compliance	35	-	35	33	2	35
Total Support and Governance Costs	<u>7,544</u>	<u>-</u>	<u>7,544</u>	<u>7,816</u>	<u>516</u>	<u>8,332</u>
<u>Allocation to Funds</u>						
Charitable activities	<u>7,544</u>	<u>-</u>	<u>7,544</u>	<u>7,816</u>	<u>516</u>	<u>8,332</u>
8. Trustees						
None of the trustees received any remuneration from the charity (2023 - none)						
9. Employees						
The average of full time equivalent employees during the year was as follows						
		2023	2024			
Employees		0.4	0.4			
The payroll costs of this person were as follows						
		2023	2024			
		£s	£s			
Wages & salary		11,250	11,847			
Pension costs		251	279			