

Charity Registration No. 1166531

PARKINSONS.ME

ANNUAL REPORT AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED 30 APRIL 2019



LEGAL AND ADMINISTRATIVE INFORMATION**Trustees**

Mr Mike Ayre (Chair)
Mrs Judy Bristow (resigned 26 July 2019)
Mrs Rosemary Chadwick (Vice Chair)
Mr Peter Cook (appointed 18 April 2019)
Ms Amanda Seddon
Ms Hazel Stanyon (appointed 9 October 2019)
Mr Gary Strickland
Mr Andrew Withers (resigned 19 October 2018)

Secretary to trustees: Mrs Pam Hurst (resigned August 2019)

Charity number 1166531

Address of principal office

Parkinsons.Me
58 West Lockinge
Wantage
Oxon, OX12 8QE

CONTENTS

	Page
Trustees' report	1-3
Statement of financial activities	4
Statement of financial position	5
Notes to the accounts	6-10

TRUSTEES' REPORT *FOR THE YEAR ENDED 30 APRIL 2019*

The trustees present their report and accounts for the year ended 30 April 2019. 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).

Objectives and activities

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt, inspired by their own experience following Ewan's diagnosis with Parkinson's aged 41.

The charity's objects are:

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

- educating and offering support to those suffering with Parkinson's disease;
- raising awareness of the condition;
- providing practical information and resources to people with Parkinson's and their families; and
- 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 vision is that people with Parkinson's and their families have the information and support they need to manage their daily lives in the most positive way possible.

Our mission is to provide positive, inspiring and meaningful online, personal and community support for people with Parkinson's and their families.

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.

Key activities and achievements through the year in line with the charity's constitution include: further developing our community garden; launching our MoveMe exercise programme; maintaining our Marmalade monthly coffee cake and chat sessions; and using a mix of approaches to raise awareness of Parkinson's.

• Community garden

Our community garden embodies the aims of Parkinsons.Me. Visited daily by passers by and/or volunteers, it's a place to rest, relax and reflect in beautiful surroundings. Both the garden itself and the many conversations that happen there are helping raise awareness of Parkinson's. The garden is also a place for community interaction, exercise,

healthy eating and nutrition - factors that we know make all the difference for families living with Parkinson's.

Planting began in earnest in 2018/19, with many features added including gravel paths, improved access ramps, a wildflower meadow, wildlife area, willow tunnel, raised beds and community notice board, and with ground work laid for a new sensory garden. A highlight was the official opening of the garden on 15th September 2018 by Paul Mayhew-Archer, writer, producer and script editor for the BBC.

We are indebted to the Lockinge estate for making the site available, and to the scores of volunteers who (led by Ewan Stutt and Gary Strickland) have helped create and maintain the garden. Sources of help have been many and varied. These range from monthly working parties to pupils from Charlton School and residents from a local care home, to teenagers on work experience or volunteering as part of the Duke of Edinburgh Award Scheme. Teams from the local Engine House gym also rose to the 'Hardcore Challenge' distributing tons of hardcore on newly created pathways.

- **Launching 'Move Me'**

Our planned exercise classes came to fruition in April 2019, with the launch of MoveMe, a twice monthly group exercise programme for people with Parkinson's. Delivered in collaboration with physiotherapists from Oxford Health NHS Physical Disability Physiotherapy Service, the classes respond to research which shows that large amplitude exercises, involving big movements, can help the symptoms of Parkinson's, especially when carried over into everyday life. Nine participants attended one or both of our first two classes (held in April).

Partners/carers are encouraged to attend MoveMe also, spending social and supportive time with other people in a similar position while classes go ahead next door. These 'Move Me Mates' sessions have quickly established themselves as a critical dimension of the programme: a source of invaluable information, experience and mutual support. Seven partners or carers attended one or both of our April 'Move Me Mates' sessions

- **Marmalade 'Coffee, cake and chat' sessions**

Monthly Sunday coffee, cake and chat sessions at Wantage's Marmalade cafe have continued. Attended by a dozen or so people on average, sessions offer social and peer support for people affected by Parkinson's whether newly diagnosed or long-term patients, family, friends or people who have lost loved ones to Parkinson's.

- **Awareness raising -**

We continued to raise awareness of Parkinson's, its effects, the benefits of exercise and nutrition, sources of support etc through our social media presence; through links forged with partners including the Wantage Advice Centre, and through events that combined awareness raising with having fun and raising funds. Among highlights, our third Boxing Day 5k run attracted over 200 entrants (up from 152 registrations in 2017).

Parkinsons.Me is grateful to the countless groups and individuals who support us by organising balls, golf days and other events; donating fete or concert proceeds; taking part in Wolf Runs and other races or endurance challenges; and/or donating money, machinery and materials to the garden. This support is invaluable, not just financially, but as a tangible sign of community support and solidarity for people with Parkinson's and their families.

Structure, governance and management

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

Our Board of Trustees met monthly in 2018/19. Trustees were initially recruited by Parkinsons.Me founder Ewan Stutt using his networks and knowledge of the skills mix needed. Subsequent recruitment has combined targeted approaches and open advertising, including via social media and been aided by a skills audit to identify expertise we can usefully add.

We know how important it is to have people on our trustee body with personal experience of Parkinson's, either themselves or within their family, and are delighted to have two new trustees who can bring these insights alongside our founder Ewan Stutt. Since October 2018, a small group of active supporters of Parkinsons.Me (known as Associates) has also had an open invitation to attend Board meetings and take part in relevant discussions. Two or three Associates typically attend each meeting, bringing helpful new perspectives.

The Board has agreed an appropriate set of policies and procedures to govern our day to day activities. A particular focus in 2018/19 has been on revising our data protection policy and procedures to meet the requirements of the General Data Protection Regulation (GDPR).

Financial review

The trustees aim to strike a balance between using funds to achieve our charitable purposes and creating the reserves needed to sustain existing projects, start new projects and build in some resilience should our income reduce significantly. The trustees have agreed it is appropriate to hold a minimum of £8,000 unrestricted reserves: we estimate this amount is needed to cover our regular outgoings (including costs of maintaining the community garden and commitments to exercise classes) for some 6-8 months. The trustees have also agreed it is appropriate to hold additional reserves for the time being to support future initiatives. In time these are also likely to involve revising our minimum reserves figure upwards.

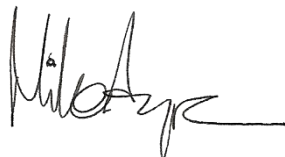
The trustees have assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

The trustees are grateful to John Chadwick ACIS for his help once again in preparing our accounts. John has over 20 years' experience in senior finance roles, including as Finance & Regulation Director of a plc.

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

Chair of Trustees.

(Mike Ayre)



Dated: February 25th 2020

PARKINSONS.ME

Statement of Financial Activities Including Income and Expenditure Account

For the Year Ended 30 April 2019

		2018			2019		
	Notes	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<u>Income from:</u>							
Donations and legacies	3	9,075	3,000	12,075	6,970	2,091	9,061
Charitable activities	4	7,079	-	7,079	8,586	-	8,586
Total Income		16,154	3,000	19,154	15,556	2,091	17,647
<u>Expenditure on:</u>							
Raising funds	5	2,551	-	2,551	2,585	-	2,585
Charitable activities	6	9,648	1,632	11,280	10,284	3,459	13,743
Total resources expended		12,199	1,632	13,831	12,869	3,459	16,328
Net income for the year/ Net movement in funds		3,955	1,368	5,323	2,687	(1,368)	1,319
Opening Fund Balances		11,624	-	11,624	15,579	1,368	16,947
Closing Fund Balances		15,579	1,368	16,947	18,266	-	18,266

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

All income and expenditure derive from continuing activities.

PARKINSONS.ME**Statement of Financial Position****As At 30 April 2019**

	Notes	2018 £s	2019 £s
Current Assets			
Stocks	10	1,295	1,854
Cash at bank and in hand		16,166	18,417
		<hr/>	<hr/>
		17,461	20,271
Creditors : amounts falling due within 1 year	11	(514)	(2,005)
		<hr/>	<hr/>
Net current assets		<u>16,947</u>	<u>18,266</u>
 Restricted Funds		1,368	-
Unrestricted Funds		15,579	18,266
		<hr/>	<hr/>
Charitable Funds		<u>16,947</u>	<u>18,266</u>

Feb 25th, 2020

These accounts were approved by the Trustees on.....

.....
 Mr Mike Ayre
 Chair of Trustees



Notes to the Financial Statements

Year Ended 30 April 2019

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 2019**

	2018 Total £s	Unrestricted £s	2019 Restricted £s	Total £s
3. Donations and Legacies				
Donations and gifts	12,075	6,970	2,091	9,061
	<u>12,075</u>	<u>6,970</u>	<u>2,091</u>	<u>9,061</u>
4. Charitable Activities				
Sales within charitable activities	600	1,378	-	1,378
Fundraising events	6,479	7,208	-	7,208
	<u>7,079</u>	<u>8,586</u>	<u>-</u>	<u>8,586</u>
5. Raising Funds				
Fundraising and publicity costs	2,551	2,585	-	2,585
6. Charitable activities				
Charitable expenditure	8,426	9,456	3,180	12,636
Share of support costs (see note 7)	2,223	640	216	856
Share governance costs (see note 7)	631	188	63	251
	<u>11,280</u>	<u>10,284</u>	<u>3,459</u>	<u>13,743</u>
7. Support costs				
<u>Support Costs</u>				
Advertising and marketing	1,901	410	138	548
Computer running costs	310	-	-	-
Insurance	-	230	78	308
Travel	12	-	-	-
<u>Governance Costs</u>				
Trustees' meetings	-	135	45	180
Accountants Fees	472	-	-	-
Compliance	159	53	18	71
Total Support and Governance Costs	<u>2,854</u>	<u>828</u>	<u>279</u>	<u>1,107</u>
Support and Governance Costs have been allocated between Restricted and Unrestricted Funds pro-rata to direct costs				
<u>Allocation to Funds</u>				
Charitable activities	<u>2,854</u>	<u>828</u>	<u>279</u>	<u>1,107</u>

PARKINSONS.ME**Notes to the Financial Statements (continued)****For the Year Ended 30 April 2019**

	2018		2019	
	Total	Unrestricted	Restricted	Total
	£s	£s	£s	£s

8. Trustees

None of the Trustees received any remuneration from the charity (2018 - none)

During the period a person connected with a Trustee (Mr A Withers' brother in law, Mr E Stutt), received a total of £776 for reimbursed expenses (2018 - £12) and £4,930 for social media blog services (2018 - £5,865)

9. Employees

There were no employees during the period (2018 - none)

10. Stocks

	2018	2019
Finished goods and goods for resale	<u>1,295</u>	<u>1,854</u>

11. Creditors: amounts falling due within one year

Creditors	514	460
Accruals and deferred income	-	1,545
	<u>514</u>	<u>2,005</u>