

Charity Registration No. 1166531

# **PARKINSONS.ME**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2020



## **LEGAL AND ADMINISTRATIVE INFORMATION**

### **Trustees**

Mike Ayre (Chair)  
Judy Bristow (resigned 26 July 2019)  
Rosie Chadwick (Vice Chair)  
Peter Cook  
Martin Cowell (appointed 14 October 2020)  
Phil Dunmore (appointed 14 October 2020)  
Amanda Seddon  
Hazel Stanyon (appointed 9 October 2019)  
Gary Strickland

**Charity number** 1166531

### **Address of principal office**

Parkinsons.Me  
c/o 16 East Lockinge  
Wantage  
Oxon, OX12 8QG

**CONTENTS**

**Page**

Trustees' report

1

Statement of financial activities

5

Statement of financial position

6

Notes to the accounts

7

Independent Examiner's Letter

10

## ***TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2020***

The trustees present their report and accounts for the period ended 30 April 2020.

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).

### **Our objectives**

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
- 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.

### **Our key activities and achievements**

Our key activities and achievements through the year in line with the charity's constitution include:

- further developing our community garden, now a popular and highly valued local feature
- the progress made by and through our MoveMe exercise classes and
- planning for HearMe, our new counselling service.

Alongside these specific projects, our website and social media coverage continued to provide much practical advice, peer support and encouragement, shared via links with 8,000+ Facebook contacts and over 1400 Twitter followers. Fundraising events were invaluable, not

# PARKINSONS.ME

only in generating income but also in raising awareness of Parkinson's and showing the strength of community support for families living with Parkinson's.

## **Parkinsons.Me community garden**

Located on the edge of West Lockinge, the Parkinsons.Me community garden is a safe, interactive and stimulating space aimed at creating awareness of Parkinson's, promoting exercise and healthy eating (both key for people with Parkinson's as for others) and providing space to rest, relax and chat in beautiful surroundings.

Aided by grants from the Trust for Oxfordshire's Environment and the FCC Communities Foundation, with much hard work from local volunteers led by Gary Strickland, and with a welcome boost from the Gardeners' World team, the garden underwent significant further development in 2019-20.

Among the many improvements, paths were extended to improve accessibility around the garden for those with limited or reduced mobility: the garden is now fully accessible to wheelchairs and mobility scooters and listed by the local Facebook Mobility Scooter Group as an ideal place to visit. A secure shed, greenhouse, sign board and poetry boards were added. The wildlife area was enhanced, improving biodiversity. We also held a Big Community Tree Planting Day on 23 November 2019, when volunteers from the local community gathered to plant trees and more than 200 hedge saplings donated by the Woodland Trust.

A highlight was the visit from the Gardeners' World team in May 2019, when Adam Frost helped plant up a sensory garden and spoke with volunteers about what the garden meant for them. The visit was part of a Gardeners' World special on gardening and health, screened in September 2019. Email enquiries and people volunteering in the garden increased as a result. The coverage also contributed to growing visitor numbers, with an estimated 1,000 visits in 2019-20, over six times as many as in the previous year.

The garden provided welcome respite during lockdown restrictions, when it was much enjoyed by small family groups who came to spot the wildlife and take in a game of table tennis. Garden 'regulars' talk of the many helpful conversations that take place in the garden, touching on Parkinson's and the support available from Parkinsons.Me but also ranging more widely, as this example illustrates:

*'Chatting with a couple yesterday we covered everything from dahlias to chemotherapy. He had enjoyed the serenity of the space during his recent cancer treatment whilst his wife enjoyed the floral distractions.'*

## **MoveMe**

Our MoveMe twice monthly group exercise programme, led by physiotherapists from the Oxford Health NHS Physical Disability Physiotherapy Service, went from strength to strength over the year. By February 2020, ten months after MoveMe launched, 22 people were registered and with classes enjoyed by 15 to 18 regular attendees. A strong group ethos has developed, both among participants and among the MoveMe Mates, the group of carers and partners that meets alongside the exercise sessions to share experiences and chat.

# PARKINSONS.ME

The onset of COVID meant a shift online, first with exercise videos uploaded onto YouTube, more recently with online classes and with fewer opportunities for the MoveMe Mates to meet. The benefits felt from sessions can be seen in blogs on the Parkinsons.Me website, where founding members talk both of sessions' positive physical impact and of their value as *'a great forum for sharing joys and frustrations of living with Parkinson's.'*

The physios leading MoveMe have had enquiries from other NHS groups interested in offering similar classes in their area. We look forward to supporting this by sharing our experience as opportunities allow.

## **HearMe**

A survey asking Parkinsons.Me's contacts what other support they would find helpful pointed to the value of counselling therapies for everyone in families affected by Parkinson's: the diagnosed person and their partners, children or parents. Prompted by this, we started work to design a pilot programme, to be known as HearMe.

## **Fundraising and other community support**

Parkinsons.Me owes huge thanks to the countless groups and individuals who support us in a myriad of ways. To give just a few examples, the garden has benefitted from hard work put in by 'Eco Warriors' from Charlton Primary School who helped plant the sensory garden, guided by Adam Frost; plaques designed and produced by the local cubs and sunflowers grown by the local brownies. Companies including Skanska gave time on corporate charity days, plants were donated by local nurseries, while a volunteer group met monthly to help with garden maintenance.

A single, significant donation helped cover the costs of MoveMe, supplementing contributions from participants, while concerts including one at St Denys Church, Stanford in the Vale in October 2019 raised funds and spread the word about our work.

Two particular highlights early in 2020 were the hosting by Akos Forczek, Chairman of Top Selection, of a dinner and silent auction at the Travellers Club, Pall Mall, and a well-attended Valentine's Ball (with silent art auction and auction of promises) hosted at Lains Barn on 15 February.

## **Looking ahead**

The Covid-19 pandemic has inevitably constrained some of our 'regular' activities such as MoveMe face-to-face sessions and some fundraising events. It has, though, underlined the value of the community garden and shown us what can be done online. Looking ahead we have many plans for expanding our activities and impact. These include piloting our HearMe counselling offer; evidencing the difference made by MoveMe and exploring new support possibilities such as provision of respite care and the provision of living aids.

## 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 8 times in 2019/20. Trustees were initially recruited by Parkinsons.Me founder Ewan Stutt using his networks and knowledge of the skills mix needed. Recruitment since has combined open advertising and targeted approaches, with an emphasis on securing trustees with personal experience of Parkinson's, either themselves or through a member of their family. Three of our trustees now bring this lived experience, adding to that of our founders Ewan and Tracey Stutt and greatly enriching our work and understanding.

The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities.

## Financial review

The trustees aim to strike a balance between using funds to achieve our charitable purposes and creating the reserves needed to sustain work underway 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 for the time being. We estimate that this amount would cover our regular outgoings (including costs of maintaining the community garden and commitments to exercise classes) for some 6-8 months. As at 30 April 2020 our reserves exceeded that amount. Work is underway on a number of exciting initiatives to extend our impact in future years and that will make calls on these reserves.

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.

Trustee 

Dated: February 11<sup>th</sup>, 2021

# PARKINSONS.ME

## Statement of Financial Activities Including Income and Expenditure Account

For the Year Ended 30 April 2020

		2019			2020		
	Notes	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b><u>Income from:</u></b>							
Donations and legacies	3	6,970	2,091	9,061	16,678	530	17,208
Charitable activities	4	8,586	-	8,586	12,620	-	12,620
<b>Total Income</b>		<b>15,556</b>	<b>2,091</b>	<b>17,647</b>	<b>29,298</b>	<b>530</b>	<b>29,828</b>
<b><u>Expenditure on:</u></b>							
Raising funds	5	2,585	-	2,585	4,838	-	4,838
Charitable activities	6	10,284	3,459	13,743	17,379	530	17,909
<b>Total resources expended</b>		<b>12,869</b>	<b>3,459</b>	<b>16,328</b>	<b>22,217</b>	<b>530</b>	<b>22,747</b>
<b>Net income for the year/ Net movement in funds</b>		<b>2,687</b>	<b>(1,368)</b>	<b>1,319</b>	<b>7,081</b>	<b>-</b>	<b>7,081</b>
Opening Fund Balances		15,579	1,368	16,947	18,266	-	18,266
<b>Closing Fund Balances</b>		<b>18,266</b>	<b>-</b>	<b>18,266</b>	<b>25,347</b>	<b>-</b>	<b>25,347</b>

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

All income and expenditure derive from continuing activities.




# Statement of Financial Position

As At 30 April 2020

	Notes	2019 £s	2020 £s
<b>Current Assets</b>			
Stocks	10	1,854	837
Cash at bank and in hand		18,417	25,636
		<u>20,271</u>	<u>26,473</u>
<b>Creditors : amounts falling due within 1 year</b>	11	(2,005)	(1,126)
		<u>18,266</u>	<u>25,347</u>
Net current assets			
Restricted Funds		-	-
Unrestricted Funds		18,266	25,347
<b>Charitable Funds</b>		<u>18,266</u>	<u>25,347</u>

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

.....  


Mr Mike Ayre  
Chair of Trustees

11 February 2021

## Notes to the accounts

### 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 2020

	2019			2020		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>3. Donations and Legacies</b>						
Donations and gifts	6,970	2,091	9,061	16,678	530	17,208
Legacies receivable	-	-	-	-	-	-
	<u>6,970</u>	<u>2,091</u>	<u>9,061</u>	<u>16,678</u>	<u>530</u>	<u>17,208</u>
<b>4. Charitable Activities</b>						
Sales within charitable activities	1,378	-	1,378	860	-	860
Fundraising events	7,208	-	7,208	11,760	-	11,760
	<u>8,586</u>	<u>-</u>	<u>8,586</u>	<u>12,620</u>	<u>-</u>	<u>12,620</u>
<b>5. Raising Funds</b>						
Fundraising and publicity costs	2,585	-	2,585	4,838	-	4,838
<b>6. Charitable activities</b>						
Charitable expenditure	9,456	3,180	12,636	16,296	498	16,794
Share of support costs (see note 7)	640	216	856	940	28	968
Share governance costs (see note 7)	188	63	251	143	4	147
	<u>10,284</u>	<u>3,459</u>	<u>13,743</u>	<u>17,379</u>	<u>530</u>	<u>17,909</u>
<b>7. Support costs</b>						
<u>Support Costs</u>						
Advertising and marketing	410	138	548	671	20	691
Computer running costs	0	0	-	-	-	-
Insurance	230	78	308	269	8	278
Travel	0	0	-	-	-	-
<u>Governance Costs</u>						
Trustees' meetings	135	45	180	78	2	80
Accountants Fees	0	0	-	-	-	-
Compliance	53	18	71	65	2	67
Total Support and Governance Costs	<u>828</u>	<u>279</u>	<u>1,107</u>	<u>1,083</u>	<u>32</u>	<u>1,116</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>828</u>	<u>279</u>	<u>1,107</u>	<u>1,083</u>	<u>32</u>	<u>1,116</u>

## 8. Trustees

None of the Trustees received any remuneration from the charity (2019 - none)

**Independent examiner's report to the trustees of Parkinsons.Me**

I report to the trustees on my examination of the accounts of Parkinsons.Me (the Trust) for the year ended 30 April 2020.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: James Pafford

Address: 20 Church Avenue, Haywards Heath, West Sussex, RH16 1ED

Date: 19/02/2021