

Charity Registration No. 1166531

PARKINSONS.ME

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 APRIL 2021



LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mike Ayre (Chair)

Rosie Chadwick (Vice Chair)

Peter Cook

Martin Cowell (appointed 14 October 2020)

Phil Dunmore (appointed 14 October 2020)

Amanda Seddon

Hazel Stanyon (resigned 12 February 2021)

Gary Strickland

Charity number

1166531

Address of principal office

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

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TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2021

The trustees present their report and accounts for the period ended 30 April 2021.

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

For Parkinsons.Me as for everyone, the year May 2020 to April 2021 was a year of significant disruption due to COVID restrictions and limits on meeting face-to-face. Despite this, we were able to make headway in a number of areas.

Parkinsons.Me community garden

Situated on the edge of West Lockinge, the Parkinsons.Me community garden continued to play a valuable role, helping raise awareness of Parkinson's, encouraging exercise and healthy eating (both of which can help make a difference for people with Parkinsons) and providing a tranquil, uplifting space for people to meet, relax and support one another.

There were no formal events at the garden during this period, and visitor numbers are hard to track. However, the garden remained open and took on added value as a place to help cope with the pressures that came with the pandemic. It was frequently used as part of the permitted daily exercise, also serving as a meeting point for friends, families and neighbours when outdoor meeting was allowed. Families used the garden towards the end of the day as a treat after spending time home schooling. The table tennis was a regular hit with the children while adults discussed the latest events and how they were dealing with the changing situation.

A core group of 6 volunteers carried out garden maintenance while complying with COVID precautions, ensuring the garden could be enjoyed by everyone during these difficult periods. As restrictions eased, volunteer garden sessions were reintroduced

The garden was enhanced through the year with additions including a steel arbour, garden benches and table, geocache and renovated poem boards.

Feedback from online donors to the charity includes many appreciative comments on the garden, as these examples illustrate:

We visited your beautiful community garden today, thank you! Support from my mum and I to all those affected by Parkinson's and their families

Love the garden that you have created, it's a wonderful place.

The community garden is looking fantastic. Spring and better times are on their way

What a wonderful and peaceful place to sit and rest for a while. Keep up the good work!

MoveMe

After a slight pause, during which YouTube videos were produced to support exercise at home, our MoveMe programme moved online, providing regular group exercise sessions for 7-8 people per class (15 group members in all). Class sizes needed restricting to a maximum of 8 due to limits on the number of participants who could be safely supervised online. In response to this, the number of classes was doubled from December 2021. Parkinsons.Me is indebted to Jo Preston and colleagues from the Oxford Health NHS Physical Disability Physiotherapy Service for their hard work and dedication in providing these sessions.

15 months into the programme, in June 2020, a wellbeing questionnaire asked the original MoveMe group of 10 people for their feedback on different dimensions of wellbeing. 7 participants responded. All those responding reported an improvement in taking part in leisure activities and walking half a mile. There was also an improvement in the number of respondents feeling they needed to conceal their Parkinson's from other people, a significant improvement in those feeling embarrassed in public due to having Parkinson's and an improvement in the frequency with which respondents reported experiencing painful muscle cramps and aches and pains in joints. More people reported experiencing anxious or depressing thoughts, perhaps not surprising in the context of COVID. There was also a slight increase in those having difficulty dressing themselves.

The small group size plus the many other factors at play make it hard to draw firm conclusions from the survey. The modest improvement in fitness reported is highly encouraging, however, not least given the degenerative nature of Parkinson's. There is also strong evidence in the responses that the classes have helped build an important sense of community and mutual support amongst the 'MoveMe-ers', increasing the sense of wellbeing and self-confidence for people in the group.

Meetings of the MoveMe Mates group of partners and family members were harder to orchestrate online, but group members stayed in touch via phone and email, also managing to meet in the garden from time to time.

Blogs written by 3 MoveMe members bring to life the difference the programme makes, a difference that goes beyond exercise:

MoveMe is amazing. One main philosophy of P.me is family support and this has become an essential part of MoveMe. Whilst the need for specific PD exercise is met, there is also an added dimension, the opportunity for drivers, friends and family to sit and chat for an hour over coffee in an adjacent room. This has proved to be a great forum for sharing joys and frustrations of living with Parkinsons. When the class is finished, everyone is welcome to linger for more coffee and chat and the room fills up.

MoveMe is all encompassing. From our fantastic leader/physiotherapist Jo Preston and assistant Tessa, to the wonderful tea and coffee fairies who supply us with much needed sustenance (including yummy cakes) and friendly conversation after an exercise class. Thursday mornings are literally like a beacon shining in my week.

MoveMe ...is wonderfully led and managed, before during and after, and is a great way to sustain one's exercise regime whilst mixing with a lovely bunch of people – who all know what life can be like with Parkinson's

HearMe

Our pilot HearMe project went live in August 2020. Developed in response to survey feedback on support priorities for families affected by Parkinson's, HearMe provides access to counselling therapies for anyone in families affected by Parkinson's – the diagnosed person and their partners, children, or parents – who would find this helpful. Take up in the first few months has been disappointing, with one client accessing the service and three more people expressing interest. We suspect that take up has been

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affected by the pandemic but recognise too that we need to do more to get the word out. This will be a priority in 2021-22.

Communications

Our website and social media channels continued to be sources of helpful information and peer support, with notable additions including blogs from people with Parkinsons.Me and family members describing their personal experiences. Work also progressed on a communications strategy to expand our reach and impact. This involves building on our existing strong personal and local support networks, actively engaging with key stakeholders and ensuring regular consistent content communication. It also aims to grow our social media presence from a baseline (as at January 2021) of 8421 Facebook followers, 1565 Twitter followers and 1664 Instagram followers.

Fundraising

While COVID restrictions made fundraising events impracticable for much of the year, Parkinsons.Me was grateful to receive a continuing flow of individual donations. These included a single, significant donation towards the costs of MoveMe, supplementing participants' contributions, donations in appreciation of the garden and for new garden furniture, and funds raised by marathon runners and others taking on challenges on our behalf. Over and above the financial support we greatly appreciate the community support that these donations represent.

Looking ahead

Looking ahead we hope to continue welcoming people to the garden. We look forward to resuming face-to-face MoveMe classes and indoor meetings for MoveMe Mates, combining this with online provision to meet group members' differing circumstances. We will continue to explore interest from other areas in replicating the MoveMe model and to encourage take up of HearMe counselling sessions. As our capacity allows we will explore new support possibilities based on feedback from families affected by Parkinson's. We also envisage recruiting a communications professional to help us expand our reach and impact. Through our mix of support and communications our aim will be to become the 'go to' organisation for families affected by Parkinson's within a 30-mile radius of Wantage.

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 bi-monthly in 2020/21. 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. Two 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. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

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 unrestricted reserves sufficient to 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 2021 our reserves exceeded that amount. Looking forward we aim to put these reserves to good use in support of our objectives, aided by the recent appointment of our part-time communications officer

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:

JAN 12TH 2022.

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

For the Year Ended 30 April 2021

	Notes	2020			2021		
		Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
Income from:							
Donations and legacies	3	16,678	530	17,208	7,103	4,906	12,009
Charitable activities	4	12,620	-	12,620	1,038	-	1,038
Total Income		29,298	530	29,828	8,141	4,906	13,047
Expenditure on:							
Raising funds	5	4,838	-	4,838	58	-	58
Charitable activities	6	17,379	530	17,909	6,474	2,730	9,204
Total resources expended		22,217	530	22,747	6,532	2,730	9,262
Net income for the year/ Net movement in funds							
Opening Fund Balances		7,081	-	7,081	1,609	2,176	3,785
		18,266	-	18,266	25,347	-	25,347
Closing Fund Balances		25,347	-	25,347	26,956	2,176	29,132

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

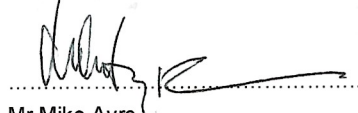
All income and expenditure derive from continuing activities.

Statement of Financial Position

As At 30 April 2021

	Notes	2020 Total £s	2021		Total £s
			Unrestricted £s	Restricted £s	
Current Assets					
Stocks	10	837	-	-	-
Cash at bank and in hand		25,636	27,899	2,267	30,166
		<u>26,473</u>	<u>27,899</u>	<u>2,267</u>	<u>30,166</u>
Creditors : amounts falling due within 1 year	11	(1,126)	(943)	(91)	(1,034)
Net current assets		<u>25,347</u>	<u>26,956</u>	<u>2,176</u>	<u>29,132</u>
Restricted Funds		-		2,176	2,176
Unrestricted Funds		25,347	26,956		26,956
Charitable Funds		<u>25,347</u>	<u>26,956</u>	<u>2,176</u>	<u>29,132</u>

These accounts were approved by the Trustees on JANUARY 12TH 2022.


 Mr Mike Ayre
 Chair of Trustees

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.

Notes to the Financial Statements (continued)

For the Year Ended 30 April 2021

	2020			2021		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
3. Donations and Legacies						
Donations and gifts	16,678	530	17,208	7,103	4,906	12,009
Legacies receivable	-	-	-	-	-	-
	<u>16,678</u>	<u>530</u>	<u>17,208</u>	<u>7,103</u>	<u>4,906</u>	<u>12,009</u>
4. Charitable Activities						
Sales within charitable activities	860	-	860	938	-	938
Fundraising events	11,760	-	11,760	100	-	100
	<u>12,620</u>	<u>-</u>	<u>12,620</u>	<u>1,038</u>	<u>-</u>	<u>1,038</u>
5. Raising Funds						
Fundraising and publicity costs	4,838	-	4,838	58	-	58
6. Charitable activities						
Charitable expenditure	16,296	498	12,636	5,996	2,529	8,525
Share of support costs (see note 7)	940	28	856	338	142	480
Share governance costs (see note 7)	143	4	251	140	59	199
	<u>17,379</u>	<u>530</u>	<u>13,743</u>	<u>6,474</u>	<u>2,730</u>	<u>9,204</u>
7. Support costs						
<u>Support Costs</u>						
Advertising and marketing	671	20	548	243	102	345
Computer running costs	-	-	-	-	-	-
Insurance	269	8	308	95	40	135
Travel	-	-	-	-	-	-
<u>Governance Costs</u>						
Trustees' meetings	78	2	180	101	43	144
Accountants Fees	-	-	-	-	-	-
Compliance	65	2	71	39	16	55
Total Support and Governance Costs	<u>1,083</u>	<u>32</u>	<u>1,107</u>	<u>478</u>	<u>201</u>	<u>679</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>1,083</u>	<u>32</u>	<u>1,107</u>	<u>478</u>	<u>201</u>	<u>679</u>

8. Trustees

None of the Trustees received any remuneration from the charity (2020 - none)