

Charity Registration No. 1166531

# **PARKINSONS.ME**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2022



**Parkinsons.Me**

Supporting you and your family

## **LEGAL AND ADMINISTRATIVE INFORMATION**

### **Trustees**

Mike Ayre (Chair)

Ruth Bachelor (appointed 9 March 2022)

Rosie Chadwick (Vice Chair)

Peter Cook

Martin Cowell

Phil Dunmore (resigned 4 March 2022)

Amanda Seddon (resigned 9 November 2022)

Gary Strickland

Norman Telford (appointed 9 March 2022)

**Charity number**

1166531

### **Address of principal office**

Parkinsons.Me

Boston House

Grove Business Park

Downview Road

Wantage

OX12 9FF

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## **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2022**

The trustees present their report and accounts for the year ended 30 April 2022.

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 following Ewan's diagnosis with Parkinson's at the age of 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 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).

We want people with Parkinson's and their families to have the information and support they need to manage their daily lives in the most positive way possible. We work towards this by providing positive, inspiring and meaningful online, personal and community support designed to meet the needs of the whole family.

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 activities in the year May 2021 to April 2022 once again required adjustments due to COVID. Despite this we were able to make progress across all our main project areas. We also strengthened our communications, helping us promote our services more effectively while also growing our support base.

### **Parkinsons.Me community garden**

Our community garden in West Lockinge continued to be a practical demonstration of the benefits of green space, exercise and nutrition for people with Parkinson's, as well as being a focus for community support, an aid to awareness raising, a valued space for rest and relaxation and a source of great produce!



## PARKINSONS.ME

Whilst social restrictions were in place the garden was a haven for local people looking to socialize safely. Move Me Mates, the social and support group meeting alongside Move Me exercise classes, also met in the garden through the summer of 2021. In spring 2022 the garden also acted as a venue for some choir rehearsals!

Volunteering sessions were scaled back initially, with garden upkeep dependent on a core team of Gary Strickland, Ewan Stutt and Ian Matthews. Once resumed, installation of a banner outside the garden and increased communication on social media helped attract a group of regular volunteers whose support has been invaluable. We were grateful for support from two young people who volunteered with us as part of their Duke of Edinburgh's Award. We were also fortunate to be supported by a number of local companies, including regular support from Taylor Frances, based locally at Harwell.

Volunteers' feedback highlights the value of the garden in helping volunteers learn more about Parkinson's and feel connected, both to the place and to the charity, as this example illustrates:

*"The volunteer day was "energetic and enjoyable! I look forward to the next one! It's nice to go back to the same place too as you can see progress, get to know the charity and feel a real part of it."*

Physical improvements to the garden included creating a small meadow, adding new seating and installing a magnificent oak gazebo.

In response to an approach from a local GP practice, the charity ran a pilot green therapy project over the summer, working with six patients with a range of neurological conditions who volunteered for weekly 90-minute sessions over a six-week period. We were able to provide a one-to-one ratio of Parkinsons.Me trustees and other volunteers to patients, adding to the quality of the experience. While attendance was mixed, feedback from the project was very positive. Plus points highlighted by patients included meeting new people, being outdoors and learning about gardening, with a number saying that they would like the project to continue.

Radio interviews on the garden and garden therapy project and two talks to local gardening groups on the history of the garden all provided opportunities to spread the word about our work and why it's needed, as did many conversations with visitors to the garden and with passers-by.

### **MoveMe**

Despite restrictions due to Covid, our MoveMe circuit-based group exercise programme not only survived but strengthened. MoveMe is a collaboration between the NHS Oxford Health Physical Disability Physiotherapy Service (OH PDPS) and Parkinsons.Me. The enthusiasm of the class has been matched by the physiotherapists. Jo Preston, who leads the class, is inspirational and puts enormous time and effort into designing and delivering the exercises. Jo's assistant Sherine, who keeps a watchful eye on the class is another key helper.

Following consultation with group members, MoveMe moved from online only to hybrid format from August 2021, with alternate weeks taking place in person or on zoom. This allowed the class to meet every week in one form or other. After a slight dip in numbers in



the autumn attendance quickly bounced back to the point of having a full class and a short waiting list and with average attendance of 16 in person and 12 on zoom.

Jo describes the class as the highlight of her week. To quote her:

*"I love how much people enjoy it and are hopefully gaining lots of benefits both physically, mentally and socially from being part of it. I have really valued the relationships I have built with those that come and hope they have developed lasting friendships with each other too."*

### **MoveMe Mates**

Following summer meetings in the garden, our MoveMe Mates group of partners, family members and friends resumed meeting indoors alongside the MoveMe exercise classes for social time and to share experiences. The group benefitted from the addition of new members. In February they also welcomed a speaker from the Vale's Community Impact Centre who gave a talk on benefits. This quote from a 'MoveMe Mate' captures the essence of MoveMe Mates:

*"How good it was to laugh and be in a room full of laughter. It truly is a family in its own rights. It was real downtime; an opportunity to find out about one another's lives, families, interests, worries and wisdom. I would sum it up as LLL - learn, lean and laugh."*

### **Hear Me**

Hear Me, our project aimed at providing counselling therapies to members of families affected by Parkinson's continued to make slow progress, securing only two further clients during the year. While access to potential clients was significantly affected by the Covid 19 pandemic, we also identified the need for a more effective outreach and communication strategy. Work to publicize the service has since generated several new enquiries.

Despite the initial low take up we feel committed to continuing with the project, particularly following comments like the one below.

*"I am deeply grateful for the kindness displayed towards me and can't understand why this incredibly valuable service isn't more widely used. Perhaps it's the famous British reticence in play but if so, I'd be sorry as I can't be the only person in need of a little help now and then."*

### **Communications**

The charity's communications activity gathered pace in 2021/22, in particular following the appointment of Justine Nunn as part-time Communications Officer, and Parkinsons.Me's first paid staff member, in October 2022. Justine is exceptionally well placed to communicate what living with Parkinson's means for families based on her own personal experience.

Despite tragically losing her partner, Parkinson's campaigner and explorer Alex Flynn, soon after starting work with us, Justine threw herself into the role. Results of Justine's work, aided by trustees, can be seen locally in our growing contacts with local businesses and care homes, features in local magazines, a growing Facebook presence in Wantage, and participation of several Wantage businesses in a 'Paint Wantage Blue' campaign to mark World Parkinson's Day in April 2022. They have also extended nationally and internationally via news reports, podcasts, video interviews and a free online session on what life is like living with Parkinson's Disease.



## Fundraising

Alex was well known as an athlete and adventurer. At the family's request, a substantial proportion of the funds raised or donated by friends and admirers in Alex's memory benefitted Parkinsons.Me in 2021/22. In many cases people took on challenges themselves, climbing, running, cycling, rowing, sky diving or taking on other extreme challenges as a mark of respect for how Alex pushed himself to the limit and in recognition of the daily challenges faced by people and families living with Parkinson's. We were also pleased to receive donations (among others) from a parish church for whom we were the nominated charity, from a furniture manufacturer and from visitors to the garden. We appreciate these contributions hugely, both for what they enable us to do and because of the community support that these donations represent.

## Looking ahead

In 2022/23 we want to gather insights from people and families living with Parkinson's to deepen our understanding of what support will be most helpful and what gets in the way of accessing support. This will help us to refine and further develop Parkinsons.Me's support offer and align our communications (including enhancing online offerings and increased digital marketing) to meet what's needed most. We hope to continue developing the garden, including exploring possible repeats of the garden therapy project. We remain keen to support the replication of MoveMe and MoveMe Mates so that other areas can benefit from the model's evident success, and to attract more HearMe clients.

## 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 monthly in 2021/22. New trustees are identified through a mix of open advertising and targeted approaches. We are pleased to now have three trustees with personal experience of Parkinson's, either themselves or through a member of their family.

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 have agreed it is appropriate to hold sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. Currently these stand at some £15,000. As at 30 April 2022 our reserves exceeded that amount. We expect these to diminish as we introduce new support initiatives based on what families affected by Parkinson's tell us they would find most helpful.

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

Trustee

Dated:

15. Feb. 2023.

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSONS.ME**

I report on the accounts of Parkinsons.Me for the year ended 30 April 2022, which are set out on pages 6 to 8.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts give a "true and fair" view and the report is limited to those matters set out in the statement below.

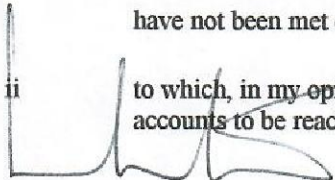
### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- i        which gives me reasonable cause to believe that in, any material respect the requirements:
- a    to keep accounting records in accordance with section 130 of the 2011 Act
- b    to prepare accounts which accord with accounting records and comply with the accounting requirements of the 2011 Act and

have not been met or

- ii        to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

  
**STEPHEN DEXTER**  
Chartered Accountant  
Grove, Oxon, OX12 7HT  
15 February 2023

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# PARKINSONS.ME

## Statement of Financial Activities Including Income and Expenditure Account

For the Year Ended 30 April 2022

|   | Notes | 2021          |              |               | 2022          |                |               |
|---|-------|---------------|--------------|---------------|---------------|----------------|---------------|
|   |       | Unrestricted  | Restricted   | Total         | Unrestricted  | Restricted     | Total         |
|   |       | £s            | £s           | £s            | £s            | £s             | £s            |
| <b>Income from:</b>                                   |       |               |              |               |               |                |               |
| Donations and legacies                                | 3     | 7,103         | 4,906        | 12,009        | 24,267        | -              | 24,267        |
| Charitable activities                                 | 4     | 1,038         | -            | 1,038         | 1,567         | -              | 1,567         |
| <b>Total Income</b>                                   |       | <b>8,141</b>  | <b>4,906</b> | <b>13,047</b> | <b>25,834</b> | <b>-</b>       | <b>25,834</b> |
| <b>Expenditure on:</b>                                |       |               |              |               |               |                |               |
| Raising funds   | 5     | 58            | -            | 58            | 645           | -              | 645           |
| Charitable activities                                 | 6     | 6,474         | 2,730        | 9,204         | 16,263        | 2,592          | 18,855        |
| <b>Total resources expended</b>                       |       | <b>6,532</b>  | <b>2,730</b> | <b>9,262</b>  | <b>16,908</b> | <b>2,592</b>   | <b>19,500</b> |
| <b>Net income for the year/ Net movement in funds</b> |       | <b>1,609</b>  | <b>2,176</b> | <b>3,785</b>  | <b>8,926</b>  | <b>(2,592)</b> | <b>6,334</b>  |
| <b>Transfer between funds</b>                         |       | <b>-</b>      | <b>-</b>     | <b>-</b>      | <b>(416)</b>  | <b>416</b>     | <b>-</b>      |
| <b>Opening Fund Balances</b>                          |       | <b>25,347</b> | <b>-</b>     | <b>25,347</b> | <b>26,956</b> | <b>2,176</b>   | <b>29,132</b> |
| <b>Closing Fund Balances</b>                          |       | <b>26,956</b> | <b>2,176</b> | <b>29,132</b> | <b>35,466</b> | <b>-</b>       | <b>35,466</b> |

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

All income and expenditure derive from continuing activities.

# PARKINSONS.ME

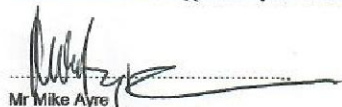
## Statement of Financial Position

As At 30 April 2022

| Notes  | 2021          | 2022               |                  | Total<br>£s   |
|--|---------------|--------------------|------------------|---------------|
|  | Total<br>£s   | Unrestricted<br>£s | Restricted<br>£s |               |
| <b>Current Assets</b>                                |               |                    |                  |               |
| Stocks   | -             | -                  | -                | -             |
| Cash at bank and in hand                             | 30,166        | 36,533             | 2,092            | 38,625        |
|  | <u>30,166</u> | <u>36,533</u>      | <u>2,092</u>     | <u>38,625</u> |
| <b>Creditors : amounts falling due within 1 year</b> | (1,034)       | (1,067)            | (2,092)          | (3,159)       |
|  |               |                    |                  |               |
| <b>Net current assets</b>                            | <u>29,132</u> | <u>35,466</u>      | <u>(2,092)</u>   | <u>35,466</u> |
|  |               |                    |                  |               |
| Restricted Funds                                     | 2,176         | -                  | -                | -             |
| Unrestricted Funds                                   | 26,956        | 35,466             | -                | 35,466        |
|  |               |                    |                  |               |
| <b>Charitable Funds</b>                              | <u>29,132</u> | <u>35,466</u>      | <u>-</u>         | <u>35,466</u> |

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

15<sup>th</sup> February 2023

  
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.



# PARKINSONS.ME

## Notes to the Financial Statements (continued)

For the Year Ended 30 April 2022

|   | 2021               |                  |               | 2022               |                  |               |
|---|--------------------|------------------|---------------|--------------------|------------------|---------------|
|   | Unrestricted<br>£s | Restricted<br>£s | Total<br>£s   | Unrestricted<br>£s | Restricted<br>£s | Total<br>£s   |
| <b>3. Donations and legacies</b>  |                    |                  |               |                    |                  |               |
| Donations and gifts   | 7,103              | 4,906            | 12,009        | 24,267             | -                | 24,267        |
|   | <u>7,103</u>       | <u>4,906</u>     | <u>12,009</u> | <u>24,267</u>      | <u>-</u>         | <u>24,267</u> |
| <b>4. Charitable activities</b>   |                    |                  |               |                    |                  |               |
| Sales within charitable activities  | 938                | -                | 938           | 1,367              | -                | 1,367         |
| Fundraising events  | 100                | -                | 100           | 200                | -                | 200           |
|   | <u>1,038</u>       | <u>-</u>         | <u>1,038</u>  | <u>1,567</u>       | <u>-</u>         | <u>1,567</u>  |
| <b>5. Raising Funds</b>   |                    |                  |               |                    |                  |               |
| Fundraising and publicity costs   | 58                 | -                | 58            | 645                | -                | 645           |
| <b>6. Charitable activities</b>   |                    |                  |               |                    |                  |               |
| Charitable expenditure  | 5,996              | 2,529            | 8,525         | 7,547              | 500              | 8,047         |
| Share of support costs (see note 7)   | 338                | 142              | 480           | 7,837              | -                | 7,837         |
| Share governance costs (see note 7)   | 140                | 59               | 199           | 879                | -                | 879           |
|   | <u>6,474</u>       | <u>2,730</u>     | <u>9,204</u>  | <u>16,263</u>      | <u>500</u>       | <u>16,763</u> |
| <b>7. Support costs</b>   |                    |                  |               |                    |                  |               |
| <u>Support Costs</u>  |                    |                  |               |                    |                  |               |
| Advertising and marketing   | 243                | 102              | 345           | 655                | -                | 655           |
| Insurance   | 95                 | 40               | 135           | 412                | -                | 412           |
| General expenses  | -                  | -                | -             | 343                | -                | 343           |
| Employment costs  | -                  | -                | -             | 6,427              | -                | 6,427         |
|   |                    |                  |               |                    |                  | -             |
| <u>Governance Costs</u>   |                    |                  |               |                    |                  |               |
| Trustees' meetings  | 101                | 43               | 144           | 400                | -                | 400           |
| Accountants' fees   | -                  | -                | -             | 444                | -                | 444           |
| Compliance  | 39                 | 16               | 55            | 35                 | -                | 35            |
| Total Support and Governance Costs  | <u>478</u>         | <u>201</u>       | <u>679</u>    | <u>8,716</u>       | <u>-</u>         | <u>8,716</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>478</u>         | <u>201</u>       | <u>679</u>    | <u>8,716</u>       | <u>-</u>         | <u>8,716</u>  |

## 8. Trustees

None of the trustees received any remuneration from the charity (2021 - none)

## 9. Employees

The average of full time equivalent employees during the year was as follows

|           | 2021 | 2022 |
|-----------|------|------|
| Employees | -    | 0.4  |

The payroll costs of this person were as follows

|                | 2021<br>£s | 2022<br>£s |
|----------------|------------|------------|
| Wages & salary | -          | 6,295      |
| Pension costs  | -          | 133        |