

Charity Registration No. 1166531

PARKINSONS.ME

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2023



LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mike Ayre (Chair) (resigned 31 March 2023)
Ruth Bachelor
Rosie Chadwick (Vice Chair)
Peter Cook
Martin Cowell
Amanda Seddon (resigned 9 November 2022)
Gary Strickland
Norman Telford (Chair w.e.f. 1 April 2023)

Charity number 1166531

Address of principal office

Parkinsons.Me
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Grove Business Park
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CONTENTS

Page

Trustees' report

2

Statement of financial activities

8

Statement of financial position

9

Notes to the accounts

10

TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2023

The trustees present their report and accounts for the year ended 30 April 2023.

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

Work continued through the year to consolidate existing and develop new initiatives geared to providing practical help for families affected by Parkinson's.

Parkinsons.Me community garden

Our community garden continued to be well-maintained and used by a wide range of visitors, volunteers and community groups, proving its value as a place for people with Parkinsons, family members and others from the local community to enjoy healthy food and exercise and relax and socialise in beautiful surroundings.

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This year we have seen an increase in visitors, now estimated to be in the region of 120 each month. There has been increased interest in volunteers helping to maintain the garden on a weekly or monthly basis or via one-off corporate charity support days. We estimate the total time donated at over 550 hours across the year. Thanks go to all these volunteers, including those from local companies Drax, Taylor Francis and JISC who have given their free time on more than one occasion.

The charity has benefited from two local students volunteering at the garden as part of their Duke of Edinburgh's Award. The local cub pack also assisted with planting out the vegetable plot early in the season and constructed bug hotels for the meadow and the wildlife area.

A local young reporter, Charlotte Hailey, interviewed Head Gardener Gary Strickland and described the evolution of the garden in a piece that went live on social media and attracted much interest on World Parkinson's Day. We include here some extracts from Charlotte's report:

This ethereal and peaceful garden was initially created between 2016 and 2018, for people with Parkinson's who needed to exercise as the condition can cause problems like involuntary shaking and stiffness. Since then, the garden has evolved into something much more. It has become an inspiring space for community activities such as the local choir's practice, KA's students volunteering as part of their DofE, families out on walks, hikers stopping for a lunchbreak, children playing on the ping pong table, or simply to relax and socialise here. This isn't just for people with Parkinson's but is open every day to anyone!

This garden is admirably entirely run by volunteers! And donations from the plant sale table near the entrance funds the garden... Everything in the garden is in harmony, from the seating to the sensory garden to the vegetable patch. The charity is immensely pleased with attracting students from Charlton Primary School and the local cub pack, as they love encouraging the next generation of enthusiastic gardeners.

This garden continues to expand and grow much like the plants it nurtures...

This local charity Parkinsons.me has clearly made a big difference to the community in establishing this garden, through enhancing wellbeing and creating a retreat of serenity and flora. And with spring already flourishing, I have to encourage passers-by to step in and enjoy the daffodils, tulips, fritillaries, euphorbias, and bluebells in bloom this April. And even to look forward to May, which will bring a whole new host of colour from the Solomon's seal, aquilegias, alliums, and lilies!

This truly is a paradise.

Garden projects for 2023-2024 involve installing a composting toilet, running a second green therapy course in conjunction with local GP, and creating a gravel garden with plants suited to our changing climate. The charity is actively looking for financial support, through numerous grants, to make this happen.

MoveMe

We held twenty-two in-person Move Me exercise classes over the year, with a similar number of sessions via Zoom. Average attendance at face-to-face sessions was 14 to 15, with slightly higher attendance at zoom sessions. Members continue to value sessions highly (as reflected in a poem written by group member Lester Gale) and over the year we've built up a waiting list of people keen to join. We continue to look at ways of accommodating new participants.

It has long been our ambition to replicate MoveMe in other locations, and in 2022-23 we were pleased to take a step towards this by supporting a second class (in Caversham, near Reading) for a trial period. Sessions started on 5 December. The number of participants in the Caversham class is slowly growing, reaching eight in April, although the accompanying MoveMe Mates group of partners, drivers, carers and family members is proving harder to develop. We look forward to working with our Caversham partners to build momentum in the year ahead.

MoveMe Mates

The 'original' MoveMe Mates group continued to meet alongside the MoveMe exercise classes, providing a much-valued opportunity for family members and friends of people with Parkinson's to laugh, chat and support each other over coffee and cake. The group enjoyed contributions from occasional visiting guests who shared insights for example on help with finding carers and dealing with financial issues. MoveMeMates is a totally confidential space where people can speak freely and they can also be guided to sources of further information and help if required. We welcome new people and they do not necessarily have to have partners in the exercise class.

HearMe

Our HearMe project had a total of seven clients over the year. Of these, two were pre-existing while five were new to the service. Four clients had a diagnosis of Parkinson's: the remaining three were relatives.

We continue to receive incredibly positive testimonials from people who have received counselling as a result of HearMe, as these examples illustrate.

"I found it helpful to work through my fears and anxieties about PD in this context.

"I found the course enlightening and valuable and it gave me new insights into myself and certain patterns of behaviour, which I'm now working hard to ameliorate."

"My counsellor has been such a wonderful support over the last few months and I really don't know what I would have done without her. Although I'm still very much struggling with my work / financial situation this has allowed my diagnosis to sink in and to realise what is important and to prioritise my health and to prioritise doing things that are really important to me whilst I'm the best I'm going to be before any further progression and although I'm not sure whether I'll ever fully accept this diagnosis at my age I have come a long way through this journey"

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"I just want to say a massive thank you to you and the charity for giving me this support. It really has made a difference to, not only how I feel, but how my Husband is too. It has helped our relationship and for me to learn coping strategies when things get too much, seeing him as more than Parkinson's and that 'the real' him is still there inside, as well as looking at the future with more perspective and hope."

CoffeeMe

Starting in late May 2022 we were pleased to revive an informal monthly coffee gathering, where people affected by Parkinson's, their friends and family members can spend social time together. Typically held at the Court Hill Centre on the second Sunday of each month, these sessions have been enthusiastically received, often with twenty plus participants. Alongside members of MoveMe and MoveMe Mates we have been pleased to welcome others not involved in the exercise classes and people who found out about the sessions via publicity online.

Research

A major milestone in 2022-23 involved completing our survey of 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.

In all we received 187 responses. The box below gives more information on respondents.

About respondents to our survey
<ul style="list-style-type: none">• 107 (57%) of survey responses were from people with Parkinson's, 54 (29%) were from partners of people with Parkinson's and 26 (14%) from people where a parent or other family member had Parkinson's.• Respondents ranged from people in their 30's to people over 80, though with most (82%) aged between 51 and 80.• 26% were in employment.• Nearly three quarters of the (173) respondents who gave their gender were female.• Almost all respondents were White.• Nearly 2/3rds (63%) person or family member diagnosis was relatively recent, 2016 or later.

Feedback from the survey underline the challenges faced by many in talking about their real feelings about Parkinson's. Almost half (47%) said they found it *not at all easy* (11%) or *not very easy* (36%) to discuss their feelings. Barriers described included feelings of embarrassment, a wish to protect others, not wanting to be treated differently or dominate the conversation, feeling that others didn't want to hear - 'they all just tune out' - or didn't really understand, not least as 'there are lots of misconceptions.'

Finding the right person, or people, to talk to comes across strongly as an issue for both people with Parkinson's and family members. Asked who they already talked to about Parkinson's 75% of those responding said they talked to family members and 70% to medical professionals but 8% said they spoke to no-one.

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Responses also highlight the big gap between who respondents already talk to and who they would *like* to talk to about PD.

- 6% of respondents had spoken to a counsellor compared with 32% said they'd like to do this.
- 40% had spoken to someone else with Parkinson's, but 55% said they'd like to do this.

In the same way, large gaps can be seen between the sources of support that respondents to our survey currently receive and sources of support that they would like.

- 8% received financial advice compared with 38% who would like to receive it.
- 10% received practical support around the home compared with 44% who said they would like it.
- 2% received advice on how to manage relationships affected by Parkinsons compared with 54% who would like to receive it.
- 2% advice on managing or changing your career and income, but 24% said they would like this.

Other strong themes from responses concern: the challenges of dealing with the uncertainty associated with Parkinson's; a thirst for more, and more regular, contact with health professionals who are knowledgeable about Parkinson's; the benefits of exercise; a need to make the many and different sources of information about Parkinson's much easier to access and navigate; and the importance of family members, and the public more generally, being much better informed about Parkinson's, its impacts and ways that they can help.

These findings reaffirm the need for Parkinson's.Me's current projects but also provide important insights on areas requiring further work. We are grateful to the focus group of people affected by Parkinson's for their help, both in designing the survey and reflecting on its findings.

Communications

Work continued to raise awareness of Parkinson's, and what we offer as a charity, including through talks to local groups, involvement in a charity project at St Birinus School, a visit to a local care home and our presence at a Wellbeing event hosted at the Beacon, Wantage's civic centre. We also overhauled our printed literature and used social media (in particular our Facebook presence) to share inspiring stories, helpful podcasts, updates on clinical trials and therapies and more.

Fundraising

As in previous years we have benefited greatly from many acts of generosity. Thanks go to the many individuals and organisations who have helped us by taking on sporting challenges, organising charity fundraisers, donating proceeds from events and giving gifts of time and/or money.

Looking ahead

Alongside plans for the garden, described earlier, we aim to

- Continue to promote, and grow, our Hear Me project.
- Review the second MoveMe class, learning lessons about effective replication.
- Produce a new suite of literature.
- Take stock of what others are doing in areas emerging from our survey, helping us identify things that we might progress with others and new support we should prioritise.
- Renew our emphasis on fundraising to sustain our current projects and enable new ones.

Throughout we'll continue to work closely with people living with Parkinson's and their families, recognizing that their full involvement and insights are key to creating a more responsive, inclusive and effective Parkinsons.Me.

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 2022/23. 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. As at 30 April 2023 our unrestricted reserves were £29,205, equating to just over twelve months' regular outgoings. The trustees regard this extra headroom as appropriate at this time, given our increased outgoings and the further spending likely to be needed to deliver on priorities identified through our survey.

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

Trustee:



Dated:

17-1-24

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

For the Year Ended 30 April 2023

	Notes	2022		2023		
		Unrestricted £s	Restricted £s	Unrestricted £s	Restricted £s	Total £s
Income from:						
Donations and legacies	3	24,267	0	21,015	500	21,515
Charitable activities	4	1,567	-	447	-	447
Total Income		25,834	0	21,462	500	21,962
Expenditure on:						
Raising funds	5	645	-	0	-	0
Charitable activities	6	16,263	2,592	27,723	-	27,723
Total resources expended		16,908	2,592	27,723	-	27,723
Net income for the year/ Net movement in funds		8,926	(2,592)	(6,261)	500	(5,761)
Transfer between funds		(416)	416	-	-	-
Opening Fund Balances		26,956	2,176	35,466	-	35,466
Closing Fund Balances		35,466	-	29,205	500	29,705

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 2023

	2022			2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£s	£s	£s	£s	£s	£s
Current Assets						
Stocks	-	-	-	-	-	-
Cash at bank and in hand	36,533	2,092	38,625	30,764	500	31,264
	<u>36,533</u>	<u>2,092</u>	<u>38,625</u>	<u>30,764</u>	<u>500</u>	<u>31,264</u>
Creditors : amounts falling due within 1 year	(1,067)	(2,092)	(3,159)	(1,559)		(1,559)
	<u>35,466</u>	<u>-</u>	<u>35,466</u>	<u>29,205</u>	<u>500</u>	<u>29,705</u>
Net current assets						
Restricted Funds	-	-	-	-	500	500
Unrestricted Funds	35,466		35,466	29,205		29,205
	<u>35,466</u>	<u>-</u>	<u>35,466</u>	<u>29,205</u>	<u>500</u>	<u>29,705</u>

Notes

These accounts were approved by the Trustees on..... (17-1-24).....


Trustee

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.

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Notes to the Financial Statements (continued)

For the Year Ended 30 April 2023

	2022			2023		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
3. Donations and legacies						
Donations and gifts	24,267	-	24,267	21,015	500	21,515
	<u>24,267</u>	<u>-</u>	<u>24,267</u>	<u>21,015</u>	<u>500</u>	<u>21,515</u>
4. Charitable activities						
Sales within charitable activities	1,367	-	1,367	380	-	380
Fundraising events	200	-	200	67	-	67
	<u>1,567</u>	<u>-</u>	<u>1,567</u>	<u>447</u>	<u>-</u>	<u>447</u>
5. Raising Funds						
Fundraising and publicity costs	645	-	645	-	-	-
6. Charitable activities						
Charitable expenditure	7,547	2,592	10,139	13,277	-	13,277
Share of support costs (see note 7)	7,837	-	7,837	13,835	-	13,835
Share governance costs (see note 7)	879	-	879	611	-	611
	<u>16,263</u>	<u>2,592</u>	<u>18,855</u>	<u>27,723</u>	<u>-</u>	<u>27,723</u>
7. Support costs						
<u>Support Costs</u>						
Advertising and marketing	655	-	655	405	-	405
Bank fees	-	-	-	32	-	32
IT Software & Consumables	-	-	-	950	-	950
Insurance	412	-	412	802	-	802
General expenses	343	-	343	145	-	145
Employment costs	6,427	-	6,427	11,501	-	11,501
<u>Governance Costs</u>						
Trustees' meetings	400	-	400	396	-	396
Accountants' fees	444	-	444	180	-	180
Compliance	35	-	35	35	-	35
Total Support and Governance Costs	<u>8,716</u>	<u>-</u>	<u>8,716</u>	<u>14,446</u>	<u>-</u>	<u>14,446</u>
<u>Allocation to Funds</u>						
Charitable activities	<u>8,716</u>	<u>-</u>	<u>8,716</u>	<u>14,446</u>	<u>-</u>	<u>14,446</u>
8. Trustees						
None of the trustees received any remuneration from the charity (2022 - none)						
9. Employees						
The average of full time equivalent employees during the year was as follows						
Employees		2022 0.4	2023 0.4			
The payroll costs of this person were as follows						
Wages & salary		2022 £s 6,294	2023 £s 11,250			
Pension costs		133	251			