

**Annual Report and  
Unaudited Financial  
Statements  
for the year ended  
30 April 2025**

**Charity Registration No. 1166531**



**Parkinsons.Me**

*Supporting you and your family*



# Parkinsons.Me

Supporting you and your family

**Charity number: 1166531**

## **Legal And Administrative Information**

---

### **Trustees**

- Gary Strickland (appointed acting chair, 18 June 2025)
- Jonathan Corp (appointed 18 June 2025)
- *Martin Cowell (resigned 31 December 2024)*
- *Norman Telford (resigned 30 April 2025)*
- Penny Ayre (appointed 16 April 2025)
- Peter Cook
- Rosie Chadwick
- Ruth Bachelor

### **Address of principal office:**

Parkinsons.Me c/o 21 The Old Pound, Wootton, ABINGDON,  
Oxfordshire, OX13 6BQ

**[www.parkinsons.me](http://www.parkinsons.me)**

---

<b>Contents</b>	<b>Page</b>
Trustees' Report	4-22
Statement of Financial Activity	23
Statement of Financial Position	24
Notes to the Accounts	26-34



# Parkinsons.Me

Supporting you and your family

## Trustees' Report for the Year Ended 30 April 2025

---

The trustees present their report and accounts for the year ended 30 April 2025.

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).'*





## About Parkinsons.Me

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's aged 41. Ewan and Tracey recognised that when someone is diagnosed the focus (understandably) is on the person with the diagnosis, but that the impact goes much wider. Loved ones value support to establish a 'new normal', access information and practical help, take on different roles and stay well themselves. Community support also counts for a lot and we can all play our part, helped by a better understanding of the condition.

Reflecting this, Parkinsons.Me exists to provide support, advice and information to help people with Parkinson's and those closest to them manage their daily lives in the most positive way possible.

[www.parkinsons.me](http://www.parkinsons.me)



# Parkinsons.Me

Supporting you and your family

[www.parkinsons.me](http://www.parkinsons.me)

Our formal 'charitable objects' - the aims guiding our activities - are below. 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 Charitable Objects:**

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).



## Our Key Activities and Achievements

---

Parkinsons.Me's 'regular' portfolio of projects - our community garden, MoveMe exercise classes and linked MoveMe Mates group, HearMe counselling offer, and monthly coffee mornings - continued to thrive throughout the year.

Alongside these we worked hard to extend our reach and broaden our funding base to help sustain our work.



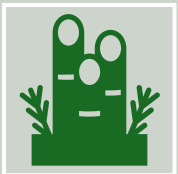


## Parkinsons.Me Community Garden

[www.parkinsons.me/community-garden-west-lockinge](http://www.parkinsons.me/community-garden-west-lockinge)



Our community garden continued to receive many visitors from the public, as well as from local groups and societies. The garden is listed as a community asset in the draft neighbourhood plan, recognising its value as a space for reflection, restoration, community building and healthy exercise.



Improvements to the garden through the year included constructing a new potting shed primarily using recycled materials. This facility provides improved space for the garden therapy course and for horticultural demonstrations. A polytunnel was also acquired through a donation from Taylor Francis and will lengthen the growing seasons as well as providing cover during inclement weather.

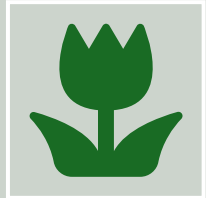




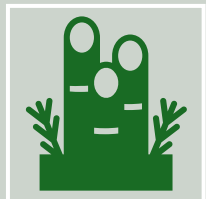


## Parkinsons.Me Community Garden

[www.parkinsons.me/community-garden-west-lockinge](http://www.parkinsons.me/community-garden-west-lockinge)



Two Gardening on Prescription courses ran this year; one for people with chronic neurological conditions and another for those who had experienced bereavement. Delivered with the local GP and Social Prescribing Team, these courses together supported 12 participants to reduce isolation, improve mobility, increase in daily activity, and develop basic horticultural skills.



During this period, eight companies visited the community garden as part of their corporate social responsibility activities. Visitors included Taylor Francis, JISC, Elmbrook Court Care Home and EMENA. Several companies made repeat visits. Company volunteers undertook much needed maintenance on the garden shed, benches, tools, paths and flower beds.



- ✓ The garden noticeboard was moved closer to the bridleway to increase publicity for events and to raise public awareness of the charity.
- ✓ The Summer Garden Party took place in July 2024, with approximately 25 attendees.
- ✓ A plant sale at The Boar's Head generated a lot of interest with over 60 people attending and generating £300 for the charity. This is now an annual event.
- ✓ Trustee and project lead Gary Strickland gave a presentation about the creation of the garden at the Grove Garden and Local History Club Annual General Meeting in October 2024.





# Parkinsons.Me

Supporting you and your family

[See New Therapy Programme - Parkinson's Centre for Integrated Care](#)

Studies have shown that working in the garden can:

- “ **Enhance motor skills:** Activities like raking, planting and weeding can improve dexterity, coordination and balance.
- ✓ **Boost mood and cognitive function:** Spending time outdoors in nature has a well-documented positive impact on mental health.
- ✓ **Promote social interaction:** Gardening provides a fantastic opportunity for people with Parkinson's and their carers to connect and participate in a shared activity.



[www.pcit.org.uk/help-us-grow-a-new-therapy-programme-at-the-parkinsons-centre-for-integrated-therapy/](http://www.pcit.org.uk/help-us-grow-a-new-therapy-programme-at-the-parkinsons-centre-for-integrated-therapy/)



42 MoveMe exercise classes took place across the year, including 18 face-to-face classes and 24 sessions over zoom and with an average attendance of 18 at face-to-face classes and 16 on zoom. The class had a total of 39 registered members, including eight new registrations. A consistent core group have been involved from the beginning in 2019, a sign of the value they attach to MoveMe. This value also comes across from the regular (almost weekly) visits from external physios, students or others keen to observe and learn about the approach and in emailed feedback from class members shared with session lead Jo Preston over the year.



**“Thanks for all you do to help manage our challenges; I hope you realise how much your sessions help our respective causes.”**

*“It is one of the highlights of the week. The group is friendly & very supportive. Jo and Sherene are very understanding & supportive.*

*I am extremely grateful to them both.”*



*“I love the sessions. Jo and Sherene hit just the right note, with a combination of encouragement, targeted exercise and fun.”*



*“I joined the MoveMe group with some trepidation... Now I can hardly remember why I had doubts, as MoveMe as developed by our Physio Jo, who leads the group each week, is entertaining and completely absorbing. At the end of the session you know you’ve not only done some exercise, but you know it’s Parkinson’s - specific and has been developed in response to precise needs. Jo is endlessly encouraging and cheerful, and the presence in person of all the other participants makes all the difference to motivation and enjoyment too. The end of a session is accompanied by home-made cake and coffee and ample opportunity to chat to the others and also their partners or carers. This social element as well as the benefit of the exercise is a win-win combination, and when I leave to go home I feel on top of the world.”*



*“As well as the exercise, the group gel really well, after all we are all in the same or similar boat.”*



*“Many thanks for a really enjoyable year of classes - it’s always so cheery and uplifting.”*

MoveMeMates met regularly through the year in parallel with MoveMe classes, with a typical attendance of between eight and twelve. The group is an important opportunity for partners, drivers, family members and carers of MoveMe class members to compare notes, enjoy each other's company and support each other. Parkinsons.Me associate, Chic Cook, says this about the group, 'Our motto is:

*In the Boat we...*

- *Paddle together*
- *Support each other*
- *Learn from one another*
- *Laugh and cry together*
- *Make true friends*

*Several people say that it is a lifeline to them and such a help and support to know that they are not alone."*





## MoveMe and MoveMeMates Caversham

---

A second MoveMe class, set up in Caversham in December 2022 with support from Parkinsons.Me, built momentum with 43 classes held and some 25 people with Parkinson's attending over the year. The parallel MoveMeMates group took some time to establish but is now a regular and important feature.

As with the group based in Ardington, MoveMe Caversham has generated interest from health professionals keen to find out more. Strengthening bonds within the group can be seen in regular lift shares for those who can no longer drive and get-togethers outside of the classes.



*“I have found it really helpful and am very grateful that I have had the opportunity to talk things through with her...so thank you so much for funding this, I am really appreciative.”*

---

Introduced in August 2020, Parkinsons.Me’s HearMe project offers access to counselling therapies to people with Parkinsons or their family members. Between 1 May 2024 and 30 April 2025, the project supported a total of 12 clients. During this period, seven clients completed their counselling courses, one client paused their counselling, and five clients continued with ongoing courses that will carry forward into 2025–2026. Participants identify their own counsellors, helping to ensure the right fit between therapist and client. As with MoveMe, the charity received a number of enquiries from health professionals and charity partners interested in taking up the project.

[www.parkinsons.me](http://www.parkinsons.me)



# HearMe

## CoffeeMe

---

Coffee Me, our informal social gathering for people affected by Parkinson's, their friends and family members met eleven times over the year, again with attendance close to thirty in peak months. Asked about the difference the group made, here is what some group members said:

*"Meeting some lovely friends ...it helps when you compare and see the different stages and experiences of Parkinson's and know there's support through it."*

*"The Parkinson's group is a lifeline for both of us. It gives us opportunity to chat with fellow comrades who face the same daily challenges. It is a lovely community which lifts the spirits and keeps us going."*

[www.parkinsons.me](http://www.parkinsons.me)



# Communications

---

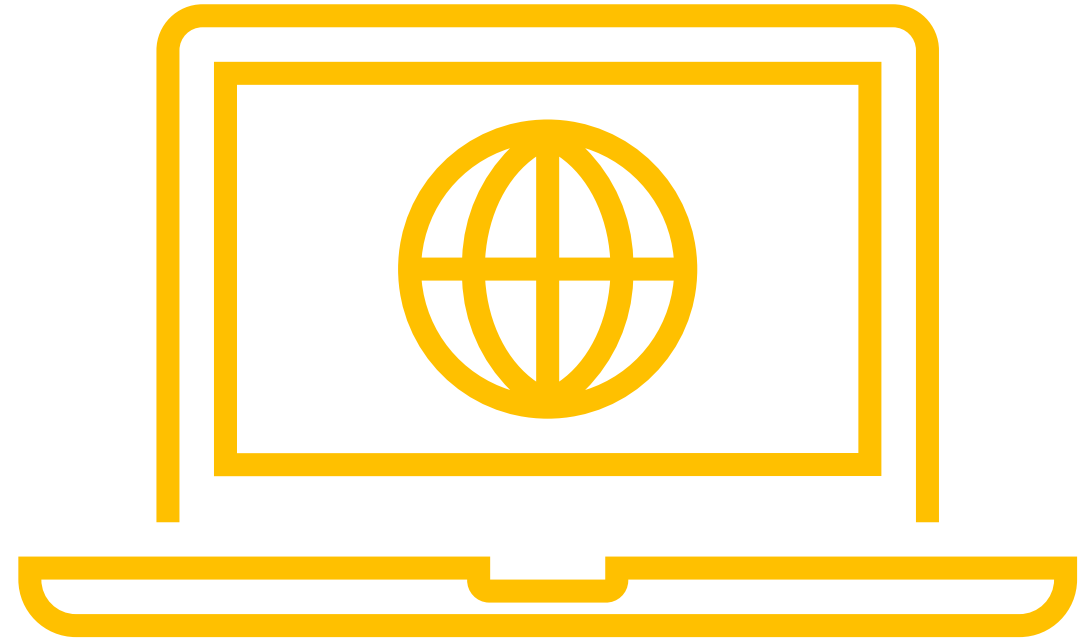
This year we strengthened partnerships and raised our profile, reaching more people with Parkinson's and their families.

We built strong links with four care homes near Wantage, began regular collaboration with Parkinson's UK, and featured in *Wantage Town Magazine*.

During World Parkinson's Month, our campaigns reached global audiences through #TogetherWeAreStronger.

Online engagement also grew, with a 70% increase in website visits and 23% more Instagram followers.

[www.parkinsons.me](http://www.parkinsons.me)



# FUNDRAISING



## Parkinsons.Me

*Supporting you and your family*

This year, Parkinsons.Me benefited from many acts of generosity, from individual donors to community fundraisers, and we are sincerely grateful for their support.

Led by our Communications Officer, Justine Nunn, a series of creative fundraising initiatives helped us secure new income to support the charity.

These contributions are making a real difference, enabling us to extend our reach and improve the support we offer to people living with Parkinson's and their families.

[www.parkinsons.me](http://www.parkinsons.me)



[www.parkinsons.me](http://www.parkinsons.me)

## Looking Ahead

Our priorities for 2025-2026 include reinforcing our trustee board, sustaining our current suite of projects, financially and personnel-wise, and (where appropriate) exploring replication options. We also plan to test a bowling project.

Work will continue to review our website and (more generally) to grow our visibility and partnership relationships, helping us further build an inclusive, informed and supportive Parkinson's community.

This work will receive a welcome boost through our selection as one of his chosen charities by incoming Wantage Mayor, Iain Cameron.





# Parkinsons.Me

Supporting you and your family



## Structure, governance and management

Our Board of Trustees met eight times in 2024-25. Trustees are identified through a mix of open advertising and targeted approaches. During the reporting period three of our trustees had personal experience of Parkinson's, either themselves or through a member of their family, bringing first-hand insights into our deliberations.



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



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 Section



**Parkinsons.Me**

Supporting you and your family

## Financial review

---

The charity's income and expenditure for 2024-25 were broadly in line with the previous year. However, we spent significantly more on restricted activities than in the previous year, providing additional support for these activities from unrestricted funds. Reflecting this our total funds carried forward have reduced from £24,255 to £19,746, of which £19,222 is unrestricted.

We remain compliant with our reserves policy of holding sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. However, we recognise the need to sharpen our focus on fundraising, in particular to meet anticipated future demands for counselling as part of our HearMe project.



# Parkinsons.Me

*Supporting you and your family*

## Statement of Financial Activities - Income and Expenditure Account - For Year Ended 30 April 2025

			2024			2025		
			Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Notes		£s	£s	£s	£s	£s	£s
<b>Income from:</b>								
Donations and legacies	3		20,361	3,455	23,816	22,417	1,000	23,417
Charitable activities	4		-	-	-	950	-	950
<b>Total Income</b>			<b>20,361</b>	<b>3,455</b>	<b>23,816</b>	<b>23,367</b>	<b>1,000</b>	<b>24,367</b>
<b>Expenditure on:</b>								
Raising funds	5		7,276	-	7,276	7,660	-	7,660
Charitable activities	6		20,629	1,360	21,989	15,407	5,809	21,216
<b>Total resources expended</b>			<b>27,905</b>	<b>1,360</b>	<b>29,265</b>	<b>23,067</b>	<b>5,809</b>	<b>28,876</b>
Net income for the year/ Net movement in funds			(7,544)	2,094	(5,450)	300	(4,809)	(4,509)
Transfer between funds			-	-	-	(2,739)	2,739	-
<b>Opening Fund Balances</b>			<b>29,205</b>	<b>500</b>	<b>29,705</b>	<b>21,661</b>	<b>2,594</b>	<b>24,255</b>
<b>Closing Fund Balances</b>			<b>21,661</b>	<b>2,594</b>	<b>24,255</b>	<b>19,222</b>	<b>524</b>	<b>19,746</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 of 30 April 2025)



These accounts were approved  
by the Board of Trustees.

**Signed by:**

**Gary Strickland**  
Chair of the Board of Trustees

**Date: 17 December 2025**

		2024				2025		
		Unrestricted	Restricted	Total		Unrestricted	Restricted	Total
	Notes			£s		£s	£s	£s
<b>Current Assets</b>								
Cash at bank and in hand		22,967	2,594	25,560		22,264	524	22,788
		22,967	2,594	25,560		22,264	524	22,788
<b>Creditors : amounts falling due within 1 year</b>		(1,306)	-	(1,306)		(3,041)	-	(3,041)
Net current assets		21,661	2,594	24,255		19,222	524	19,746
Restricted Funds		-	2,594	2,594		-	524	524
Unrestricted Funds		21,661	-	21,661		19,222	-	19,222
<b>Charitable Funds</b>		<b>21,661</b>	<b>2,594</b>	<b>24,255</b>		<b>19,222</b>	<b>524</b>	<b>19,746</b>



## 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.

**[www.parkinsons.me](http://www.parkinsons.me)**

## **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.

## **Charity information**

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

## **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 (if 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.

### **1.5 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.

**[www.parkinsons.me](http://www.parkinsons.me)**

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.

### 3. Donations and Legacies

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Donations and gifts	20,361	3,455	23,816	22,417	1,000	23,417

### 4. Charitable Activities

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Sales within charitable activities	–	–	–	950	–	950
Fundraising events	–	–	–	–	–	–

### 5. Raising Funds

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Fundraising & publicity costs	7,276	–	7,276	7,660	–	7,660

## 6. Charitable Activities

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Charitable expenditure	12,813	845	13,658	10,075	3,798	13,873
Share of support costs (note 7)	7,010	462	7,473	5,242	1,976	7,218
Share of governance costs (note 7)	806	53	859	90	35	125
<b>Total</b>	<b>20,629</b>	<b>1,360</b>	<b>21,990</b>	<b>15,407</b>	<b>5,809</b>	<b>21,216</b>



## 7. Support Costs

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestrict ed (£)	2025 Restricted (£)	2025 Total (£)
Advertising & marketing	1,222	81	1,302	397	149	<b>546</b>
Bank fees	108	7	115	–	–	–
IT software & consumables	589	39	628	680	256	<b>936</b>
Insurance	329	22	351	363	137	<b>500</b>
General expenses	213	14	227	94	36	<b>130</b>
Employment costs	4,550	300	4,850	3,708	1,398	<b>5,106</b>
Trustees' meetings	773	51	824	65	25	<b>90</b>
Compliance	33	2	35	25	10	<b>35</b>
Total support & governance costs	<b>7,816</b>	<b>516</b>	<b>8,332</b>	<b>5,332</b>	<b>2,011</b>	<b>7,343</b>

## 8. Allocation to Funds

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Charitable activities	7,816	516	8,332	5,332	2,011	7,343

9. Trustees

Employees  
Average FTE Employee

Payroll Costs

None of the trustees received any remuneration from the charity (2024: none).

Year	FTE Employee
2024	0.4
2025	0.4

Category	2024 (£)	2025 (£)
Wages & salary	11,847	12,473
Pension costs	279	293

---

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

**Signed by:**



**Gary Strickland**  
Chair of the Board of Trustees

**Date: 17 December 2025**





**Parkinson's**  
Supporting you and your family

