

PARKINSON'S CARE AND SUPPORT UK

England & Wales · Charity number 1179246

Details

Other names	PCSUK
Status	Registered
Legal form	CIO
Registered	2018-07-18
Register	View on the Charity Commission register

Contact

Address	Parkinson's Care and Support UK PO Box 3251 Mitcham CR4 9EN
Phone	07761513953
Email	info@parkinsonscare.org.uk
Website	www.parkinsonscare.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY BY: A) PROVIDING EXERCISE CLASSES AND HOME PHYSIOTHERAPY TREATMENTS FOR PEOPLE LIVING WITH PARKINSON'S DISEASEB) PROVIDING SUPPORT AND RESPITE FOR CARERS OF PEOPLE LIVING WITH PARKINSON'S DISEASEC) FUNDING RESEARCH INTO THE STUDY OF BETTER TREATMENTS FOR PARKINSON'S AND OTHER NEUROLOGICAL CONDITIONS PROVIDED THAT ALL USEFUL RESULTS ARE DISSEMINATED TO THE PUBLIC.

Activities: WE PROVIDE FREE:EXERCISE CLASSES, NEUROLOGICAL- PHYSIOTHERAPY, RESPITE CARE, VISITING CARE, PARKINSON'S MENTAL HEALTH SUPPORT HUB, OCCUPATIONAL THERAPY, INTEGRATED HEALTH CENTRES,INFORMATION ADVICE AND SUPPORT ON: INTEGRATED AND HOLISTIC THERAPIES, DIET AND NUTRITION. WE ALSO FUND NON PHARMACEUTICAL RESEARCH AND STUDIES.TO IMPROVE PHYSICAL HEALTH AND WELLBEING FOR PEOPLE WITH PARKINSON'S.

Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Guernsey
- Isle Of Man
- Jersey
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£411,937	£412,207	-	-
2023-10-31	£369,204	£408,958	-	-
2022-10-31	£226,823	£178,783	-	-
2021-10-31	£131,058	£158,560	-	-
2020-10-31	£133,003	£120,724	-	-

Trustees

Name	Role	Appointed
MARK MEIKLE	Chair	2023-11-06
Nicole Edwards		2023-11-06
PAUL SILLY		2017-09-30
William Oakley		2023-11-06

Accounts

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 31 OCTOBER 2024

PARKINSON'S CARE AND SUPPORT UK
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Paul Silly Mr Mark Meikle Mr William Oakley Mrs Nicole Edwards
Charity Number	1179246
Registered office	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Principal address	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Independent Examiner	Isaac Darkwa Supreme Class Limited 2B High Street Camberley Surrey GU15 3SX
Bankers	Barclays Bank PLC Leicester LE87 2BB

PARKINSON'S CARE AND SUPPORT UK

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PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2024

The Charity Registration number is 1179246.

Structure, Governance and Management

After significant gaps in integrated healthcare and care within the Parkinson's community were identified in 2017, Parkinson's Care and Support UK (PCSUK) was registered to address these issues. PCSUK was officially registered in England and Wales on 18 July 2018 and in Scotland in December 2018.

The Charity is governed by a Board of Trustees which make all medium and longer-term strategic decisions. Day to day running of the Charity is overseen by the Chairman and his trustees. The team of trustees are responsible for the delivery of the long-term strategy of the Charity.

Each Trustee appointed or whose appointment is approved or ratified by the charity in a general meeting will have an initial three-year term of office. There is an option of renewal for a further three years by agreement between them. Parkinson's Care and Support UK is pleased to announce that three new Board members have been appointed: Mr. Mark Meikle (Chairman), Mr William Oakley, and Mrs Nicole Edwards. These new Board members have replaced Mr Paul Morgan and Ms Debbie Morgan who were a part of the charity since its formation in 2018 and bring a wealth of experience in working with people with Parkinson's Disease and holistic healthcare.

What makes Parkinson's Care and Support UK different?

Parkinson's Care and Support UK:

- Is the only UK charity that provides FREE face to face and online Parkinson's specific exercise classes throughout the UK
- Is the only UK charity that provides FREE respite care for family carers of those with Parkinson's who may be struggling to take care of their loved ones or who otherwise need additional support.
- Is the only UK charity that provides FREE home-based neurological physiotherapy to improve mobility and independence.
- Is the only charity that provides FREE visiting care for the most vulnerable people with Parkinson's. These people are usually over 70 years old and live alone with no additional support. This service improves safety and wellbeing and tackles loneliness and isolation.
- Is the only UK charity that provides FREE Occupational Therapy to improve safety, increase independence and confidence and reduce the risk of falls.
- Provides access to personalised nutritional management and support based on the Biochemical Individuality of each person with Parkinson's Disease. This service is set up in collaboration with the patient's own GP, for best and safe practice.
- Provides the world's only Parkinson's Mental Health Support Hub, delivering CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) to people with Parkinson's who are suffering from Anxiety or Depression. The Hub also provides an End of Life and Bereavement Support Line and a Befriending and Companionship Network. The Hub has now expanded to include Talk Therapy for carers of those with Parkinson's as well as couples therapy.
- Provides information, education, workshops and events on diet, nutrition, exercise, mental health, holistic health, wellness and complementary therapies as well as services and products, to improve quality of life for those with Parkinson's.

- Provides a wide range of free and subsidised therapies to improve quality of life with Parkinson's including singing classes, speech and language therapy, Micrographia courses to tackle reduced handwriting ability and much more.
- Funds non-pharmaceutical research which help with the prevention, slowing of progression, reversing or curing of Parkinson's Disease.
- Fund social, community-based events and therapeutic activities through our PD Together Groups, to reduce isolation amongst people with Parkinson's and their carers and improve well-being and quality of life.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2024

Our Mission

Parkinson's Care and Support UK improves the lives of everyone affected by Parkinson's Disease today, not tomorrow. We don't believe in masking symptoms, but to manage and minimise them within the best of our capabilities. We lead discussions in innovative complementary and integrated therapies for Parkinson's and educate and empower people with Parkinson's, carers and healthcare professionals to be proactive about comprehensive and multidisciplinary health care and wellbeing in order to live better for longer. We strive to prevent, slow down, reverse and end Parkinson's through funding new, innovative, biochemically based non-pharmaceutical research.

How We Work

We are small, but very impactful. We are confident that every service we provide makes a DIRECT impact on the lives of those affected by Parkinson's.

We believe in keeping our administration and staff costs to a minimum so that your money is spent on making a real difference to those living with Parkinson's today.

We listen to our donors. Billions of pounds have been spent on Parkinson's research worldwide over the past 30 years. There have been little advances on medications, and sadly we are nowhere near a cure. People do not want false promises of cures or to be told a cure is coming in their lifetime, when it is not. That is why we will only fund non-pharmaceutical research that has real prospects of preventing, slowing down the progression or reversing Parkinson's within 5 years.

Strategy and Activities

Services and Core Activities

Parkinson's Care and Support UK is the only UK charity which focuses on Integrated Healthcare, Wellness, Care and Complementary therapies to improve life with Parkinson's and to ensure that people live better for longer.

Although we fund non-pharmaceutical research into how we can slow down, reverse or even prevent the onset of Parkinson's, we are mindful that thousands of people living with the condition need support today. Through our work we encourage positivity and promote the importance of being proactive about health and wellbeing. People with Parkinson's do not need pity or sympathy. They need to be understood, given clear and unbiased information, services and care that will enable life to be lived to the fullest.

PARKINSON'S CARE AND SUPPORT UK TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Parkinson's is a combination of many symptoms, in which no two people have the same experience. Parkinson's Care and Support UK does not believe in simply masking symptoms with medications.

We believe that in order for people with Parkinson's to live as best as possible within their individual capabilities, a multifaceted approach is needed and that an integrative healthcare plan should be in place for every person with Parkinson's from diagnosis to end of life. PCSUK strives to create a world where the effects of Parkinson's disease no longer limit people.

Although PCSUK actively invest in tomorrow, by funding non-pharmaceutical research into how it can slow down, reverse, or even prevent Parkinson's, they are mindful that thousands of people living with the condition need real support today. PCSUK strive to create a world where people are no longer limited by the effects of Parkinson's Disease.

Neurological Physiotherapy

The charity's home-based neurological physiotherapy service continues to be oversubscribed meaning that we have more demand than we can financially support. The charity continues to prioritise this service, and during 2023/ 2024, the charity has spent more on neurological physiotherapy than the previous financial year. Our free home-based Neurological Physiotherapy service is the only of its kind offered to people with Parkinson's throughout the UK. It is designed to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. At PCSUK, we believe that everyone with Parkinson's has the right to access physical support, regardless of where they live or how advanced their condition is, therefore PCSUK provide home-based physiotherapy for people living with Parkinson's. Our home physiotherapy has proved to benefit many people with Parkinson's disease, there has been improvement in beneficiary's physical health and ability to carry out daily activities.

The home-based Neurological Physiotherapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan PCSUK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Neurological Physiotherapists to carry out stage two (the home assessment).

From November 2023 to October 2024, PCSUK has provided home- based Neurological Physiotherapy to 96 people across the UK living with Parkinson's, over that period the cost of our home Neurological Physiotherapy service totalled to £39,900.00 .

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Respite Care

From November 2023 to October 2024, PCSUK has been working with Parkinson's Specialist Carers to provide Respite Care for family carers of those living with Parkinson's Disease throughout the UK. PCSUK understand that caring for a loved one with Parkinson's can be extremely challenging and carers often struggle to find time for themselves, compromising their own health and wellbeing. PCSUK's Respite Care service is designed to give family carers up to 4 hours' respite in one day, allowing the carer to take well deserved time for rest and recuperation, wellness, exercise, health and social activities. This service has been very well received by the Parkinson's community and has proved to be very popular. With an increasing number of referrals from the NHS and local community groups, the service is currently oversubscribed. It is the charity's priority to raise more funds to support the demand for the service.

PCSUk have provided respite care for 45 families during the current financial year, costing £56,365.00. This is one family more than what the charity supported in the previous year. As Respite Care for people with Parkinson's is not available via the NHS, the demand for this service throughout the UK is rapidly increasing. We are committed to expand this service over the coming years.

The Respite Care service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain level of need, suitability and to create a personalised respite care plan. PCSUK uses an in-house scoring process to determine the success of stage one of the application form. The charity always uses one of our certified care providers to carry out stage two (the home assessment).

Exercise Classes

Research has shown that exercise can slow down the progression of Parkinson's and is an essential therapy in everyone's life and especially for people with Parkinson's. Our specialist exercise class provides great physical and mental benefits for people with Parkinson's and their carers and improves overall quality of life.

PCSUk has kept its online Parkinson's Specialist Exercise Classes operating and since the charity was established have expanded the number and variety of classes available. The provision of free exercise classes for people with Parkinson's is one of our core services. The charity is the first of its kind to provide free specialist exercise classes face to face across the UK and online. The type of classes provided include: Zhineng Qigong, Parkinson's Yoga and Mindfulness Yoga, Boxercise for Parkinson's, Gentle Fitness Classes for Parkinson's, Parkinson's Exercise to Music and Group Neurological Physiotherapy.

We recognise the importance of face to face exercise classes and so will now be applying for funding to support specific classes in areas throughout the UK. All classes will be run via restricted funds received from grants, foundations and donors and therefore the starting up and continuation of these classes will be dependent upon such funding.

PARKINSON'S CARE AND SUPPORT UK TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Over the term, we have spent £16,731.97 on exercise classes and activities which have benefited over 130 people. This includes two one-off sporting events and some Parkinson's exercise training. Our classes have been transforming lives and are continuing to help those affected with Parkinson's by improving their balance, increasing mobility, strengthening muscles, improving flexibility, gait, and mental health. We have seen a big demand for our exercise classes across the UK and we have secured some collaborations with Care Homes across London to start rolling out group within their facilities.

All our Specialist Exercise Instructors are fully qualified, have experience of working with people with Parkinson's and have specific Parkinson's training from Parkinson's Care and Support UK. These comprised of personal trainers, fitness instructors, and certified teachers in a variety of disciplines such as Yoga, Tai Chi, Qigong, and Neurological Physiotherapy.

Events

During November 2023 to October 2024, PCSUK held 3 events focussed on education and information sharing, stewardship and relationship building and reducing isolation. During 2025, we have 3 community events planned which will be focussed on improving wellbeing, reducing isolation and loneliness and raising awareness of Parkinson's Disease and how to improve quality of life with the condition. The charity will continue to raise funds to support these events, which we would like to roll out in various counties throughout the UK.

The Parkinson's Mental Health Support Hub

The Parkinson's Mental Health Support Hub is the world's first and only mental health support system specifically for people affected by Parkinson's.

People often think that Parkinson's only affects you physically. This couldn't be further from the truth. Parkinson's Disease can have a big impact on one's mental well-being and anxiety and depression are common non-motor symptoms of people living with Parkinson's.

Up to 50% of people with Parkinson's will suffer from Anxiety or Depression during the course of their illness. Many cases are undiagnosed or untreated, causing significant loss of life quality.

The Parkinson's Mental Health Support Hub is designed to address and tackle the most common mental health issues within Parkinson's whilst providing adequate support for newly diagnosed people, those who are approaching end of life and carers of those with Parkinson's

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

The hub opened on 11th April 2021 and originally had four services. We have expanded over the past year to include five distinct services which include:

1. **Parkinson's CBT (Cognitive Behavioural Therapy)** – a GP referred service for people with Parkinson's who are suffering from Anxiety or Depression, but who are not currently being treated. CBT is one the most successful treatments for people with Anxiety and Depression.
2. **Parkinson's ACT (Acceptance and Commitment Therapy)** – a self-referred service for people with Parkinson's who may be struggling to accept their diagnosis. This service is particularly useful for newly diagnosed and those with YOPD (Young Onset Parkinson's Disease).
3. **Parkinson's End of Life and Bereavement Support Line** – a support line for family carers whose loved one is coming towards the end of their life or for those who have lost a loved one with Parkinson's. Grief is a natural process, but it can be devastating. We are here to support you before and after the death of someone close.
4. **Parkinson's Befriending and Companionship Network** – a service designed to reduce isolation and loneliness for people living with Parkinson's through peer support and visiting care.
5. **Lean on Me** - a Talk Therapy service for carers of those with Parkinson's and a couples Talk Therapy service for those who are in a relationship and in which at least one of the people has Parkinson's. Carers often feel isolated, overwhelmed and need a safe place to express their feelings without the feeling of guilt, shame or being judged. Talk therapy is a safe a secure way of doing this. Relationships can also suffer due to a Parkinson's diagnosis and the provision of talk therapy provides a safe and supported platform to encourage communication, empathy and understanding.

All of our therapies are carried out by qualified Counsellors or Psychotherapists, experienced in Neurological Psychotherapy.

All of our services are free and are funded by the general public and trusts and foundations via our fundraising efforts.

Our aim of the Parkinson's Mental Health Support Hub is to reduce isolation and loneliness, anxiety, depression and suicide rate amongst people with Parkinson's, to improve wellbeing and quality of life amongst the newly diagnosed, those with YOPD and people who are experiencing end of life, the loss of a loved one with Parkinson's or who are caring for a loved one with the condition.

From November 2023 to October 2024, the Parkinson's Mental Health Hub has supported over 230 people across all services, costing the charity £54,000. This is almost double the amount spent during the previous year and exceeds the budget of what was spent during the first year of launching the service. This year, we have received an incredible number of applications from the community and via referrals by the NHS. We are still oversubscribed for some of our services within the Hub and continue to place emphasis on fundraising for these vital services as a priority.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Visiting Care

Parkinson's Care and Support UK have been working with Parkinson's Specialist Carers over the past year to provide home-based visiting care to support the most vulnerable people living with Parkinson's. The most vulnerable people with Parkinson's are over 70 years old and live alone with no additional support. They are isolated and are at the most risk of a reduced quality of life, injury or falls, malnutrition and mental health problems. Since the Covid-19 pandemic, the most vulnerable people with Parkinson's have continued to suffer declining health and wellbeing.

Visiting care includes help with personal hygiene and homecare chores such as cleaning and meal preparation. It provides much needed companionship to reduce isolation and improve wellbeing for vulnerable people living with Parkinson's as well as support such as escorting to supermarket, facilitating engagement with local community activities and attending health appointments. This service is provided throughout the UK and even in rural and low populated areas.

During this financial period, PCSUK awarded visiting care to 42 vulnerable people with Parkinson's costing a total £27,000.

Occupational Therapy

The charity works with Occupational Therapists specialised in Parkinson's Disease to increase independence and safety amongst people with Parkinson's. Falling is the leading cause of death for people with Parkinson's and so the home visiting, assessment and training service provides practical support and information to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. It also offers practical guidance and support for carers looking after their loved ones with Parkinson's.

Our Occupational Therapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan. Parkinson's Care and Support UK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Occupational Therapist, specialised in Parkinson's Disease to carry out stage two (the home assessment). The service is suited for those who are greatest risk of falls and who have not been able to secure any intervention or support from the NHS.

During November 2023 to October 2024, Parkinson's Care and Support UK provided occupational therapy for 26 families, and a total of £10,075 was spent during the course of the year. The charity will be aiming to raise more funds to support this service which will reflect in the number of people that we are able to support over the forthcoming year.

Therapies

Parkinson's Care and Support UK have funded a wide range of holistic therapies throughout the financial year which have been proven to improve the quality of life of those affected by Parkinson's. These include massage, singing, speech and language, acupuncture, yoga, Reiki and Emmet Therapy. The charity is committed to raising awareness of holistic and complimentary healthcare as well as the provision and training of such services to slow down and reverse the effects of Parkinson's.

PARKINSON'S CARE AND SUPPORT UK TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Non-pharmaceutical research

The charity's medium term goal is to continue to grow support for non-pharmaceutical research, including launching a public appeal to raise £2 million by 2027. By the end of 2025 we plan to launch a fundraising appeal to fund the opening of our first small grants scheme. The Preventing Parkinson's Grant Fund will provide funding towards research projects that are focussed on the prevention of Parkinson's Disease. Parkinson's Care and Support UK believes that the prevention of the condition is just as important as a cure and this is needed to slow down the rate of growth.

Fundraising Activities

During November 2023 to October 2024, PCSUK raised £411,936.73 from fundraising events, activities, individual donors, trusts and foundations and legacies. This is an encouraging increase of over 11.5% from the amount raised in the previous financial year.

Fundraising appeals to individual donors, individual supporter events, a series of online fundraising appeals and legacies generated approximately 90% of the charity's income between November 2023 and October 2024.

The charity received a small amount of funding from charitable trusts and has been spending more time fundraising in this area. We hope to see more support from trusts and foundations in the future as well as more legacy donations

Our Impact

On behalf of the beneficiaries of PCSUK, their families and the staff and volunteers at the charity, PCSUK will always be grateful for your support. We are grateful that an increasing number of individuals and organisations are aligning themselves with our mission to improve holistic care and quality of life for people affected by Parkinson's. Their generosity in helping to fund our life changing services has maximised our impact and helped us to give holistic health care and wellbeing the investment it deserves.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Examples of the Impact we are making

- We have funded 9 different online Parkinson's specific exercise classes during 2023-2024
- For every exercise class held, we improve the lives of around 400 people affected by Parkinson's every month, of which 200 of these have Parkinson's Disease.
- For every £1 you give to PCSUK, over 13% is spent on in the Parkinson's Mental Health Support Hub service
- We have funded respite care and companionship for 45 family carers during November 2023-October 2024
- We have funded home-based Neurological Physiotherapy for 96 people living with Parkinson's throughout England and Wales, improving physical mobility, health and quality of life.
- For every person with Parkinson's who benefits from home physiotherapy, their risk of falls is reduced
- We have funded Occupational Therapy for 26 people during November 2023 and October 2024. We have raised the profile of family carers of those with Parkinson's and continue to prioritise their wellbeing by expanding our services for carers. The Parkinson's Mental Health Support Hub has been expanded to include a new Talk Therapy service to support carers of those with Parkinson's. Parkinson's Care and Support UK launched the world's only Parkinson's Mental Health Support Hub in April 2021 and have supported over 230 people via the hub during 2023-2024
- Year on year, we are improving the mental wellbeing of people with Parkinson's and their family carers
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers
- We listened to and involved people with Parkinson's in our work so that we can deliver the services that our beneficiaries want and need

Signed by the order of the Trustee

Mr Mark Meikle
Trustee

Date: **25 July 2025**

PARKINSON'S CARE AND SUPPORT UK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the trustees on my examination of the accounts of the Parkinson's Care and Support UK (PCSUK) for the year ended 31 October 2024.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirement of the charities Act 2011 ('The Act')

I report in respect of my examination of the trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the charity commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

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

1. Accounting records were kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do agree with those records.

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

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 2024.

Responsibilities and Basis of Report

As the trustees of the charitable incorporated organisation you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable organisation are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Supreme Class Limited
2b High Street
Camberley
Surrey
GU15 3SX

PARKINSON'S CARE AND SUPPORT UK
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER
2024

		Unrestricted funds	restricted Funds	Year ended 31 October 2024
		£	£	£
Income from				
Donations and legacies, including Gift Aid	3	410,436.73	0.00	410,436.73
Grant	4	1,500.00	0.00	1,500.00
Total income		<u>411,936.73</u>	0.00	<u>411,936.73</u>
Expenditure on:				
Raising funds		41,302.44	0.00	41,302.44
Charity Activities		266,743.64	0.00	266,743.64
Support cost (note 8)		10,650.18	0.00	10,650.18
Admin activities		93,510.94	0.00	93,510.94
Total expenditure		<u>412,207.20</u>	<u>0.00</u>	<u>412,207.20</u>
Loss/gain		(270.47)	0.00	<u>(270.47)</u>
Net income		411,936.73	0.00	411,936.73
Net Expenditure		412,207.20	0.00	412,207.20
Net movement in funds		<u>(270.47)</u>	<u>0.00</u>	<u>(270.47)</u>
Fund balances at start of period 01 November 2023		1,856.17	0.00	1,856.17
Fund balances at end of period (31 October 2024)		<u>1,585.70</u>	0.00	<u>1,585.70</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

PARKINSON'S CARE AND SUPPORT UK
BALANCE SHEET
AS AT 31 OCTOBER 2024

Fixed Assets	
Investments	0.00
Tangible fixed assets	0.00
Intangible fixed assets	0.00
	0.00
Current Assets	
Debtors	0.00
Cash at bank and in hand	<u>1,585.70</u>
 Net current assets	 <u>1,585.70</u>
 Total assets less current	
Liability	<u>1,585.70</u>

Mark Meikle
Trustee (Chairman)

Date Approved by the board: 25 July 2025

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2024

1 Statutory Information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in England and Wales. The charitable incorporated organisation registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) – Charities SORP (FRS102) and the Companies Act 2006.

Parkinson's Care and Support UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about Parkinson's Care and Support UK's ability as a going concern. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Income

All income is recognised in the Statement of Financial Activities once the Charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability and it is probable that the charity will receive the income.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the Charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the statutory requirements of the Charity and include its independent examination fees and costs linked to strategic management of the Charity.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2024

2.5 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity. Unrestricted funds include designated funds which are funds which trustees have allocated to be spent on a specific purpose.

2.6 Taxation

The Charity incorporated organisation is a registered charity number: 1179246. All of the Charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

2.7 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.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

3. Income from donations and legacies

	unrestricted funds	year to 31 October 2024
	£	£
Donations & Legacies including Gift Aid	410,436.73	410,436.73
	<u>410,436.73</u>	<u>410,436.73</u>

4. Income from charitable activities

	unrestricted funds	year to 31 October 2024
	£	£
Grant	1,500.00	1,500.00

PARKINSON'S CARE AND SUPPORT UK
NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER
2024

Total expenditure

	staff costs	Depreciation & Amortisation	Total costs
	£	£	£
Raising Funds	41,302.44	0.00	41,302.44
Charity activities	266,743.64	0.00	266,743.64
Support cost (note 8)	10,650.18	0.00	10,650.18
Admin activities (note 9)	93,510.94	0.00	93,510.94
Total	<u>412,207.20</u>	<u>0.00</u>	<u>412,207.20</u>

8. Supports Costs**31 October 2024****£****Staff cost****10,650.18**

9. Admin Costs

	31 October 2024
Staff Welfare	4,053.63
Rent	3,000.00
Petrol & Oil	1,511.70
Motor Costs incl. Repairs and Servicing	17,365.87
Accountancy Fees	2,656.51
Website and hosting	8,919.01
General Travel	2,909.93
Telephone, TV & Internet	1,199.86
Design & Marketing	5,882.49
Postage and stationery	3,097.31
Computer Expenses	1,078.06
Volunteer Support	950.00
Other Staff-Related Expenses	1583.60
Sundry	2,412.06
Vehicle Hire	695.71
General Insurance	1529.49
Payment Gateway Charges	1,674.75
Utilities	2,563.89
Management & Consultancy fees	358.33
Legal and Professional Fees	1,467.50
Business Rate	1,270.80
Staff Training	3,462.24
Subscription	218.61
Contract Staff	23,025.47
Repairs & Maintenance	514.12
Donations	110.00

PARKINSON'S CARE AND SUPPORT UK**NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024****Trustees**

The trustees were reimbursed a total of **£0.00** during the year for business expenses and travel. There were no other related party transactions requiring disclosure

	Unrestricted funds £	Designated funds £	Total funds £
Income from			
Donations and Legacies including Gift Aid	410,436.73	0.00	410,436.73
Grant	1,500.00	0.00	1,500.00
Total income	<u>411,936.73</u>		<u>411,936.73</u>
Expenditure on			
Raising funds	41,302.44	0.00	41,302.44
Mental Health Support Hub	54,000.00	0.00	54,000.00
Physiotherapy	39,900.00	0.00	39,900.00
Visiting Care	27,000.00	0.00	27,000.00
Occupational Therapy	10,075.00	0.00	10,075.00
Therapies	18,220.00	0.00	18,220.00
Respite care	56,365.00	0.00	56,365.00
Exercise	16,731.97	0.00	16,731.97
Coaching & Wellbeing	15,510.00	0.00	15,510.00
Nutrition	839.86	0.00	839.86
Purchases	13,321.81	0.00	13,321.81
Events	14,780.00	0.00	14,780.00
Support cost	10,650.18	0.00	10,650.18
Admin Cost	93,510.94	0.00	93,510.94
Total expenditure	<u>412,207.20</u>	0.00	<u>412,207.20</u>
Net gains/losses	(270.47)	0.00	(270.47)

PARKINSON’S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2024

Employees

Number of employees

The average number of employees during the period was 2

Employment costs	year to 31 October 2024 £
Wages & Salaries	9,506.41
Social Security	522.20
Pension Contribution	621.57
	<u>10,650.18</u>

Accounts

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 31 OCTOBER 2023

PARKINSON'S CARE AND SUPPORT UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Paul Silly Mr Mark Meikle Mr William Oakley Mrs Nicole Edwards
Charity Number	1179246
Registered office	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Principal address	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Independent Examiner	Isaac Darkwa Supreme Class Limited 2B High Street Camberley Surrey GU15 3SX
Bankers	Barclays Bank PLC Leicester LE87 2BB

PARKINSON'S CARE AND SUPPORT UK

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PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2023

The Charity Registration number is 1179246.

Structure, Governance and Management

The Charity is governed by a Board of Trustees which make all medium and longer- term strategic decisions. Day to day running of the Charity is overseen by the Chairman and his trustees. The team of trustees are responsible for the delivery of the long-term strategy of the Charity.

Each Trustee appointed or whose appointment is approved or ratified by the charity in a general meeting will have an initial three-year term of office. There is an option of renewal for a further three years by agreement between them. Parkinson's Care and Support UK is pleased to announce that three new Board members have been appointed: Mr. Mark Meikle (Chairman), Mr William Oakley, and Mrs Nicole Edwards. These new Board members have replaced Mr Paul Morgan and Ms Debbie Morgan who were a part of the charity since the formation in 2018. and bring a wealth of experience in working with people with Parkinson's Disease and holistic

After Significant gaps in integrated health care within the Parkinson's community were identified in 2017, and Parkinson's Care and Support UK (PCSUK) was registered to address these issues. PCSUK was officially registered in England and Wales on 18 July 2018 and in Scotland in December 2018.

What makes Parkinson's Care and Support UK different?

Parkinson's Care and Support UK:

- Is the only UK charity that provides FREE face to face and online Parkinson's specific exercise classes throughout the UK
- Is the only UK charity that provides FREE respite care for family carers of those with Parkinson's who may be struggling to take care of their loved ones or who otherwise need additional support.
- Is the only UK charity that provides FREE home-based neurological physiotherapy to improve mobility and independence.
- Is the only charity that provides FREE visiting care for the most vulnerable people with Parkinson's. These people are usually over 70 years old and live alone with no additional support. This service improves safety and wellbeing and tackles loneliness and isolation.
- Is the only UK charity that provides FREE Occupational Therapy to improve safety, increase independence and confidence and reduce the risk of falls.
- Provides access to personalised nutritional management and support based on the Biochemical Individuality of each person with Parkinson's Disease. This service is set up in collaboration with the patient's own GP, for best and safe practice.
- Provides the world's only Parkinson's Mental Health Support Hub, delivering CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) to people with

Parkinson's who are suffering from Anxiety or Depression. The Hub also provides an End of Life and Bereavement Support Line and a Befriending and Companionship Network.

- Provides information, education, workshops and events on diet, nutrition, exercise, mental health, holistic health, wellness and complementary therapies as well as services and products, to improve quality of life for those with Parkinson's.
- Provides free and subsidised therapies to improve quality of life with Parkinson's
- Funds non-pharmaceutical research which help with the prevention, slowing of progression, reversing or curing of Parkinson's Disease.
- Fund social, community-based events and therapeutic activities through our PD Together Groups, to reduce isolation amongst people with Parkinson's and their carers and improve well-being and quality of life.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2023

Our Mission

Parkinson's Care and Support UK improves the lives of everyone affected by Parkinson's Disease today, not tomorrow. We don't believe in masking symptoms, but to manage and minimise them within the best of our capabilities. We lead discussions in innovative complementary and integrated therapies for Parkinson's and educate and empower people with Parkinson's, carers and healthcare professionals to be proactive about comprehensive and multidisciplinary health care and wellbeing in order to live better for longer. We strive to prevent, slow down, reverse and end Parkinson's through funding new, innovative, biochemically based non-pharmaceutical research.

How We Work

We are small, but very impactful. We are confident that every service we provide makes a DIRECT impact on the lives of those affected by Parkinson's.

We believe in keeping our administration and staff costs to a minimum so that your money is spent on making a real difference to those living with Parkinson's today.

We listen to our donors. Billions of pounds have been spent on Parkinson's research worldwide over the past 30 years. There have been little advances on medications, and sadly we are nowhere near a cure. People do not want false promises of cures or to be told a cure is coming in their lifetime, when it is not. That is why we will only fund non-pharmaceutical research that has real prospects of preventing, slowing down the progression or reversing Parkinson's within 5 years.

Strategy and Activities

Services and Core Activities

Parkinson's Care and Support UK is the only UK charity which focuses on Integrated Healthcare, Wellness, Care and Complementary therapies to improve life with Parkinson's and to ensure that people live better for longer.

Although we fund non-pharmaceutical research into how we can slow down, reverse or even prevent the onset of Parkinson's, we are mindful that thousands of people living with the condition need support today. Through our work we encourage positivity and promote the importance of being proactive about health and wellbeing. People with Parkinson's do not need pity or sympathy. They need to be understood, given clear and unbiased information, services and care that will enable life to be lived to the fullest.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Parkinson's is a combination of many symptoms in which no two people have the same experience. Parkinson's Care and Support UK does not believe in simply masking symptoms with medications.

We believe that in order for people with Parkinson's to live as best as possible within their individual capabilities, a multifaceted approach is needed and that an integrative healthcare plan should be in place for every person with Parkinson's from diagnosis to end of life. PCSUK strives to create a world where the effects of Parkinson's disease no longer limit people.

Although PCSUK actively invest in tomorrow, by funding non-pharmaceutical research into how it can slow down, reverse, or even prevent Parkinson's, they are mindful that thousands of people living with the condition need real support today. PCSUK strive to create a world where people are no longer limited by the effects of Parkinson's Disease.

Neurological Physiotherapy

The charity's home-based neurological physiotherapy service continues to be oversubscribed meaning that we have more demand than we can financially support. The charity continues to prioritise this service, and during 2022/ 2023, the charity has spent more on neurological physiotherapy than the previous financial year. Our free home-based Neurological Physiotherapy services is the only of its kind offered to people with Parkinson's throughout the UK. It is designed to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. At PCSUK, we believe that everyone with Parkinson's has the right to access physical support, regardless of where they live or how advanced their condition is, therefore PCSUK provide home-based physiotherapy for people living with Parkinson's. Our home physiotherapy has proved to benefit many people with Parkinson's disease, there has been improvement in beneficiary's physical health and ability to carry out daily activities.

The home-based Neurological Physiotherapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan PCSUK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Neurological Physiotherapists to carry out stage two (the home assessment).

From November 2022 to October 2023, PCSUK has provided home- based Neurological Physiotherapy to 84 people across the UK living with Parkinson's, over that period the cost of our home Neurological Physiotherapy service totalled to **£35,650**.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Respite Care

From November 2022 to October 2023, PCSUK has been working with Parkinson's Specialist Carers to provide Respite Care for family carers of those living with Parkinson's Disease throughout the UK. PCSUK understand that caring for a loved one with Parkinson's can be extremely challenging and carers often struggle to find time for themselves, compromising their own health and wellbeing. PCSUK's Respite Care service is designed to give family carers up to 4 hours' respite in one day, allowing the carer to take well deserved time for rest and recuperation, wellness, exercise, health and social activities. This service has been very well received by the Parkinson's community and has proved to be very popular. With an increasing number of referrals from the NHS and local community groups, the service is currently oversubscribed. It is the charity's priority to raise more funds to support the demand for the service.

PCSUk have provided respite care for 44 families during the current financial year, costing **£56,250.00**. This is 10% more people that were supported in the previous year. As Respite Care for people with Parkinson's is not available via the NHS, the demand for this service throughout the UK is rapidly increasing. We are committed to expand this service over the coming years.

The Respite Care service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain level of need, suitability and to create a personalised respite care plan. PCSUK uses an in-house scoring process to determine the success of stage one of the application form. The charity always uses one of our certified care providers to carry out stage two (the home assessment).

Exercise Classes

Research has shown that exercise can slow down the progression of Parkinson's and is an essential therapy in everyone's life and especially for people with Parkinson's. Our specialist exercise class provide great physical and mental benefits for people with Parkinson's and their carers and improves overall quality of life.

PCSUk has kept its online Parkinson's Specialist Exercise Classes operating and since the charity was established have expanded the number and variety of classes available. The provision of free exercise classes for people with Parkinson's is one of our core services. The charity is the first of its kind to provide free specialist exercise classes face to face across the UK and online. The type of classes provided include: Zhiheng Qigong, Parkinson's Yoga and Mindfulness Yoga, Boxercise for Parkinson's, Gentle Fitness Classes for Parkinson's, Parkinson's Exercise to Music and Group Neurological Physiotherapy.

We recognise the importance of face to face exercise classes and so will now be applying for funding to support specific classes in areas throughout the UK. All classes will be run via restricted funds received from grants, foundations and donors and therefore the starting up and continuation of these classes will be dependent upon such funding.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Over the term, we have spent **£17,025** on exercise classes which have benefited over 128 people. This is a 100% increase from the previous financial year and includes two one-off sporting events and some Parkinson's exercise training. Our classes have been transforming lives and are continuing to help those affected with Parkinson's by improving their balance, increasing mobility, strengthening muscles, improving flexibility, gait, and mental health. We have seen a big demand for our exercise classes across the UK and we are working hard to reopen our face-to-face classes over the forthcoming year.

All our Specialist Exercise Instructors are fully qualified, have experience of working with people with Parkinson's and have specific Parkinson's training from Parkinson's Care and Support UK. They comprised personal trainers, fitness instructors, and certified teachers in a variety of disciplines such as Yoga, Tai Chi, Qigong, and neurological physiotherapy.

Social Events

During November 2022 to October 2023, PCSUK spent time researching and planning new social events for people with Parkinson's. These events are designed to improve wellbeing, and reduce loneliness and isolation. Partners of those with Parkinson's are welcome to such events. The charity will continue to raise funds to support these events, which will include art classes, trips to national parks and sensory gardens and music therapy classes.

The Parkinson's Mental Health Support Hub

The Parkinson's Mental Health Support Hub is the world's first and only mental health support system specifically for people affected by Parkinson's.

People often think that Parkinson's only affects you physically. This couldn't be further from the truth. Parkinson's Disease can have a big impact on one's mental well-being and anxiety and depression are common non-motor symptoms of people living with Parkinson's.

Up to 50% of people with Parkinson's will suffer from Anxiety or Depression during the course of their illness. Many cases are undiagnosed or untreated, causing significant loss of life quality.

The Parkinson's Mental Health Support Hub is designed to address and tackle the most common mental health issues within Parkinson's whilst providing adequate support for newly diagnosed people and those who are approaching end of life.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

The hub opened on 11th April 2021 and provides four distinct services which include:

1. **Parkinson's CBT (Cognitive Behavioural Therapy)** – a GP referred service for people with Parkinson's who are suffering from Anxiety or Depression, but who are not currently being treated. CBT is one the most successful treatments for people with Anxiety and Depression.
2. **Parkinson's ACT (Acceptance and Commitment Therapy)** – a self-referred service for people with Parkinson's who may be struggling to accept their diagnosis. This service is particularly useful for newly diagnosed and those with YOPD (Young Onset Parkinson's Disease).
3. **Parkinson's End of Life and Bereavement Support Line** – a support line for family carers whose loved one is coming towards the end of their life or for those who have lost a loved one with Parkinson's. Grief is a natural process, but it can be devastating. We are here to support you before and after the death of someone close.
4. **Parkinson's Befriending and Companionship Network** – a service designed to reduce isolation and loneliness for people living with Parkinson's through peer support and visiting care.

All of our therapies are carried out by qualified Psychotherapists, experienced in Neurological Psychotherapy.

All of our services are free and are funded by the general public.

Our aim of the Parkinson's Mental Health Support Hub is to reduce isolation and loneliness, anxiety, depression and suicide rate amongst people with Parkinson's, to improve wellbeing and quality of life amongst the newly diagnosed, those with YOPD and people who are experiencing end of life or the loss of a loved one with Parkinson's.

From November 2022 to October 2023, the Parkinson's Mental Health Hub has supported over 200 people across all services, costing the charity **£28,170**. This equates to approximately 4 times the amount spent during the previous year and exceeds the budget of what was spent during the first year of launching the service. This year, we have received an incredible amount of applications from the community and via referrals by the NHS. We are currently oversubscribed for some of our services within the Hub and continue to place emphasis on fundraising for these vital services as a priority.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Visiting Care

Parkinson's Care and Support UK have been working with Parkinson's Specialist Carers over the past year to provide home-based visiting care to support the most vulnerable people living with Parkinson's. The most vulnerable people with Parkinson's are over 70 years old and live alone with no additional support. They are isolated and are at the most risk of a reduced quality of life, injury or falls, malnutrition and mental health problems. Since the Covid-19 pandemic, the most vulnerable people with Parkinson's have continued to suffer declining health and wellbeing.

Visiting care includes help with personal hygiene and homecare chores such as cleaning and meal preparation. It provides much needed companionship to reduce isolation and improve wellbeing for vulnerable people living with Parkinson's as well as support such as escorting to supermarket, facilitating engagement with local community activities and attending health appointments.

During this financial period, PCSUK awarded visiting care to 34 vulnerable people with Parkinson's costing a total **£26,600.00**.

Occupational Therapy

The charity works with Occupational Therapists specialised in Parkinson's Disease to increase independence and safety amongst people with Parkinson's. Falling is the leading cause of death for people with Parkinson's and so the home visiting, assessment and training service provides practical support and information to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. It also offers practical guidance and support for carers looking after their loved ones with Parkinson's.

Our Occupational Therapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan. Parkinson's Care and Support UK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Occupational Therapist, specialised in Parkinson's Disease to carry out stage two (the home assessment). The service is suited for those who are greatest risk of falls and who have not been able to secure any intervention or support from the NHS.

During November 2022 to October 2023, Parkinson's Care and Support UK provided occupational therapy for 28 families, which amount to **£10,800**. The charity will be aiming to raise more funds to support this service which will reflect in the number of people that we are able to support over the forthcoming year.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Non-pharmaceutical research

The charity's medium goal is to continue to grow support for non-pharmaceutical research, including launching a public appeal to raise £2 million by 2027. In September 2025, we plan to open of our first small grants scheme. The Preventing Parkinson's Grant Fund will provide funding towards research projects that are focussed on the prevention of Parkinson's Disease. Parkinson's Care and Support UK believes that the prevention of the condition is just as important as a cure and this is needed to slow down the rate of growth.

The Parkinson's Centre for Integrated Therapy

Parkinson's Care and Support UK are pleased to announce the opening the UK's first Parkinson's Centre for Integrated Therapy in partnership with the University of Kent, in 2022. The Centre is located within The Kent Multiple Sclerosis Therapy Centre in Kent.

An estimated 2,000 people will visit the Centre during its inaugural year, with its integrated approach filling a much-needed gap in the support options currently available. Covering clinical, research and education delivery, the Centre will also serve as a community hub for people with Parkinson's and their families.

There is currently no cure for Parkinson's, but different therapies and support can help people manage the condition. These treatments are in high demand, and some are not routinely available. Therefore, providing freely accessible therapies so that multiple symptoms can be managed all under one roof is a top priority.

Fundraising Activities

During November 2022 to October 2023, PCSUK raised **£369,203.51** from fundraising events, activities and individual donors. This is an encouraging increase of over 40% from the amount raised in the previous financial year.

Fundraising appeals to individual donors, individual supporter events and a series of online fundraising appeals generated approximately 90% of the charity's income between November 2022 and October 2023.

The charity received a small amount of funding from charitable trusts and has been spending more time fundraising in this area. We hope to see more support from trusts and foundations in the future as well as more legacy donations

Our Impact

On behalf of the beneficiaries of PCSUK, their families and the staff and volunteers at the charity, PCSUK will always be grateful for your support. We are grateful that an increasing number of individuals and organisations are aligning themselves with our mission to improve holistic care and quality of life for people affected by Parkinson's. Their generosity in helping to fund our life changing services has maximised our impact and helped us to give holistic health care and wellbeing the investment it deserves.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Examples of the Impact we are making

- We have funded 9 different online Parkinson's specific exercise classes during 2022-2023
- For every exercise class held, we improve the lives of around 400 people affected by Parkinson's every month, of which 200 of these have Parkinson's Disease.
- For every £1 you give to PCSUK, over 22% is spent on respite care and visiting care in
- We have funded respite care and companionship for 44 family carers during November 2022- October 2023
- We have funded home-based Neurological Physiotherapy for 84 people living with Parkinson's throughout England and Wales, improving physical mobility, health and quality of life.
- For every person with Parkinson's who benefits from home physiotherapy, their risk of falls is reduced
- We have funded Occupational Therapy for 28 people during November 2022 and October 2023.
- We have raised the profile of family carers of those with Parkinson's and continue to do so
- Parkinson's Care and Support UK launched the world's only Parkinson's Mental Health Support Hub in April 2021 and have supported over 200 people via the hub during 2022-2023
- We are improving the mental wellbeing of people with Parkinson's and their family carers
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers
- We listened to and involved people with Parkinson's in our work so that we can deliver the services that our beneficiaries want and need
- Parkinson's Care and Support UK have partnered with the University of Kent and opened the UK's first Parkinson's Centre for Integrated Therapies in 2022, providing therapies, research and education all under one roof. This is the first of its kind within the UK.

Signed by the order of the Trustee

Mr Mark Meikle
Trustee

Date: **24 May 2024**

PARKINSON'S CARE AND SUPPORT UK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the trustees on my examination of the accounts of the Parkinson's Care and Support UK (PCSUK) for the year ended 31 October 2023.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirement of the charities Act 2011 ('The Act')

I report in respect of my examination of the trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the charity commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

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

1. Accounting records were kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do agree with those records.

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

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 2023.

Responsibilities and Basis of Report

As the trustees of the charitable incorporated organisation you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable organisation are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Supreme Class Limited
2b High Street
Camberley
Surrey
GU15 3SX

PARKINSON'S CARE AND SUPPORT UK
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER
2023

		Unrestricted funds	restricted Funds	Year ended 31 October 2023
		£	£	£
Income from				
Donations and legacies	3	369,203.51	0.00	369,203.51
charitable activities	4	0.00	0.00	0.00
Total income		<u>369,203.51</u>	<u>0.00</u>	<u>369,203.51</u>
Expenditure on:				
Raising funds		37,120.00	0.00	37,120.00
Charity Activities		261,218.76	0.00	261,218.76
Support cost (note 8)		23,068.37	0.00	23,068.37
Admin activities		87,551.33	0.00	87,551.33
Total expenditure		<u>408,958.46</u>	<u>0.00</u>	<u>408,958.46</u>
 Loss/gain		 <u>(39,754.95)</u>	 0.00	 <u>(39,754.95)</u>
Net income		369,203.51	0.00	369,203.51
 Net Expenditure		 408,958.46	 0.00	 408,958.46
Net movement in funds		<u>(39,754.95)</u>	<u>0.00</u>	<u>(39,754.95)</u>
 Fund balances at start of period 01 November 2022		 64,091.33	 0.00	 64,091.33
 Fund balances at end of period (31 October 2023)		 <u>1,856.17</u>	 <u>0.00</u>	 <u>1,856.17</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

PARKINSON'S CARE AND SUPPORT UK

BALANCE SHEET

AS AT 31 OCTOBER 2023

Fixed Assets	
Investments	0.00
Tangible fixed assets	0.00
Intangible fixed assets	0.00
	0.00
Current Assets	
Debtors	0.00
Cash at bank and in hand	<u>1,856.17</u>
 Net current assets	 <u>1,856.17</u>
 Total assets less current	
Liability	<u>1,856.17</u>

Mark Meikle
Trustee (Chairman)

Date Approved by the board: 24 May 2024

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023

1 Statutory Information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in England and Wales. The charitable incorporated organisation registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) – Charities SORP (FRS102) and the Companies Act 2006.

Parkinson's Care and Support UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about Parkinson's Care and Support UK's ability as a going concern. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Income

All income is recognised in the Statement of Financial Activities once the Charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability and it is probable that the charity will receive the income.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates. Charitable expenditure comprises those costs incurred by the Charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the statutory requirements of the Charity and include its independent examination fees and costs linked to strategic management of the Charity.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023

2.5 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity. Unrestricted funds include designated funds which are funds which trustees have allocated to be spent on a specific purpose.

2.6 Taxation

The Charity incorporated organisation is a registered charity number: 1179246. All of the Charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

2.7 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.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

3. Income from donations and legacies

	unrestricted funds	year to 31 October 2023
	£	£
Donations & Legacies	369,203.51	369,203.51
	<u>369,203.51</u>	<u>369,203.51</u>

4. Income from charitable activities

	unrestricted funds	year to 31 October 2023
	£	£
HCF Grant	0.00	0.00
Gift Aid	0.00	0.00
	<u>0.00</u>	<u>0.00</u>

PARKINSON'S CARE AND SUPPORT UK**NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023****Total expenditure**

	staff costs	Depreciation & Amortisation	Total costs
	£	£	£
Raising Funds charitable activities	37,120.00	0.00	37,120.00
Charity activities	261,218.76	0.00	261,218.76
Support cost (note 8)	23,068.37	0.00	23,068.37
Admin activities (note 9)	87,551.33	0.00	87,551.33
Total	<u>408,958.46</u>	<u>0.00</u>	<u>408,958.46</u>

8. Supports Costs**31 October
2023****£****Staff cost****23,068.37**

9. Admin Costs

**31 October
2023**

Staff Welfare	6,979.70
Rent	5,903.56
Petrol & Oil	1,860.81
Motor Repairs and Servicing	1,168.06
Accountancy Fees	2,402.00
Webhosting and hosting	5,230.37
General Travel	2,267.20
Telephone, TV & Internet	3,012.22
Design & Marketing	4,831.90
Postage and stationery	4,374.36
Computer Expenses	390.36
Volunteer Support	2,550.00
Sundry	3,317.70
Vehicle Hire	1,107.31
General Insurance	834.98
Light, Heat & Power	1,986.76
Staff Expenses and benefits	12,115.00
Staff Training	5,903.00
Subscription	926.04
Contract Staff	20,000.00
Repairs & Renewals	390.00

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Trustees

The trustee was reimbursed a total of **£2,517.36** during the year for business expenses and travel. There were no other related party transactions requiring disclosure

	Unrestricted funds £	Designated funds £	Total funds £
Income from			
Donations and Legacies	369,203.51	0.00	369,203.51
HCF Grant	0.00	0.00	0.00
Gift Aid	0.00	0.00	0.00
Total income	<u>369,203.51</u>		<u>369,203.51</u>
Expenditure on			
Raising funds	37,120.00	0.00	37,120.00
Mental Health Support Hub	28,170.00	0.00	28,170.00
Physiotherapy	35,650.00	0.00	35,650.00
Visiting Care	26,600.00	0.00	26,600.00
Occupational Therapy	10,800.00	0.00	10,800.00
Therapies	24,800.00	0.00	24,800.00
Respite care	56,250.00	0.00	56,250.00
Exercise	17,025.00	0.00	17,025.00
Coaching & Wellbeing	14,110.00	0.00	14,110.00
Nutrition	19,490.00	0.00	19,490.00
Purchases	28,323.76	0.00	28,323.76
Support cost	23,068.37	0.00	23,068.37
Admin cost	87,551.33	0.00	87,551.33
Total expenditure	<u>408,958.46</u>	0.00	<u>408,958.46</u>
Net gains/losses	(39,754.95)	0.00	(39,754.95)

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2023

Employees

Number of employees

The average number of employees during the period was 2

Employment costs	year to 31 October 2023 £
Wages & Salaries	21,349.01
Social Security	1,719.36
	<u>23,068.37</u>

Accounts

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 31 OCTOBER 2022

PARKINSON'S CARE AND SUPPORT UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Paul Silly Mr Paul Morgan Ms Debbie Morgan
Charity Number	1179246
Registered office	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Principal address	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Independent Examiner	Isaac Darkwa Supreme Class Limited Falcon House 19 Deer Park Road South Wimbledon SW19 3UX
Bankers	Barclays Bank PLC Leicester LE87 2BB

PARKINSON'S CARE AND SUPPORT UK

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PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2022

The Charity Registration number is 1179246.

Structure, Governance and Management

The Charity is governed by a Board of Trustees which make all medium and longer- term strategic decisions. Day to day running of the Charity is overseen by the Chairman and his trustees. The team of trustees are responsible for the delivery of the long-term strategy of the Charity.

Each Trustee appointed or whose appointment is approved or ratified by the charity in a general meeting will have an initial three-year term of office. There is an option of renewal for a further three years by agreement between them. Parkinson's Care and Support UK are delighted that all trustees wish to remain on the Board and in addition, we have started a recruitment process to appoint additional board members.

In 2017 Mr Paul Silly, Miss Debbie Morgan, Mr Paul Morgan and Mr Kovi Noukounou identified significant gaps in integrated health and care in the Parkinson's community and Parkinson's Care and Support UK (PCSUK) was registered to address these issues. PCSUK was officially registered in England and Wales on 18 July 2018 and in Scotland in December 2018.

Parkinson's Care and Support UK:

- Is the only UK charity that provides FREE face to face and online Parkinson's specific exercise classes throughout the UK
- Is the only UK charity that provides FREE respite care for family carers of those with Parkinson's who may be struggling to take care of their loved ones or who otherwise need additional support.
- Is the only UK charity that provides FREE home-based neurological physiotherapy to improve mobility and independence.
- Is the only charity that provides FREE visiting care for the most vulnerable people with Parkinson's. These people are usually over 70 years old and live alone with no additional support. This service improves safety and wellbeing and tackles loneliness and isolation.
- Is the only UK charity that provides FREE Occupational Therapy to improve safety, increase independence and confidence and reduce the risk of falls.
- Provides access to personalised nutritional management and support based on the Biochemical Individuality of each person with Parkinson's Disease. This service is set up in collaboration with the patient's own GP, for best and safe practice.
- Provides the world's only Parkinson's Mental Health Support Hub, delivering CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) to people with Parkinson's who are suffering from Anxiety or Depression. The Hub also provides an End of Life and Bereavement Support Line and a Befriending and Companionship Network.
- Provides information on diet, nutrition, exercise, mental health, holistic health, wellness and complementary therapies as well as services and products, to improve quality of life for those with Parkinson's.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2022

- Fund social, community-based events and therapeutic activities through our PD Together Groups, to reduce isolation amongst people with Parkinson's and their carers and improve well-being and quality of life.

Our Mission

Parkinson's Care and Support UK improves the lives of everyone affected by Parkinson's Disease today, not tomorrow. We don't believe in masking symptoms, but to manage and minimise them within the best of our capabilities. We lead discussions in innovative complementary and integrated therapies for Parkinson's and educate and empower people with Parkinson's, carers and healthcare professionals to be proactive about comprehensive and multidisciplinary health care and wellbeing in order to live better for longer. We strive to prevent, slow down, reverse and end Parkinson's through funding new, innovative, biochemically based non-pharmaceutical research.

How We Work

We are small, but very impactful. We are confident that every service we provide makes a DIRECT impact on the lives of those affected by Parkinson's.

We believe in keeping our administration and staff costs to a minimum so that your money is spent on making a real difference to those living with Parkinson's today.

We listen to our donors. Billions of pounds have been spent on Parkinson's research worldwide over the past 30 years. There have been little advances on medications, and sadly we are nowhere near a cure. People do not want false promises of cures or to be told a cure is coming in their lifetime, when it is not. That is why we will only fund non-pharmaceutical research that has real prospects of preventing, slowing down the progression or reversing Parkinson's within 5 years.

Strategy and Activities

Services and Core Activities

Parkinson's Care and Support UK is the only UK charity which focuses on Integrated Healthcare, Wellness, Care and Complementary therapies to improve life with Parkinson's and to ensure that people live better for longer.

Although we fund non-pharmaceutical research into how we can slow down, reverse or even prevent the onset of Parkinson's, we are mindful that thousands of people living with the condition need support today. Through our work we encourage positivity and promote the importance of being proactive about health and wellbeing. People with Parkinson's do not need pity or sympathy. They need to be understood, given clear and unbiased information, services and care that will enable life to be lived to the fullest.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Parkinson's is a combination of many symptoms in which no two people have the same experience. Parkinson's Care and Support UK does not believe in simply masking symptoms with medications.

We believe that in order for people with Parkinson's to live as best as possible within their individual capabilities, a multifaceted approach is needed and that an integrative healthcare plan should be in place for every person with Parkinson's from diagnosis to end of life. PCSUK strives to create a world where people are no longer limited by the effects of Parkinson's disease.

Although PCSUK actively invest in tomorrow, by funding non-pharmaceutical research into how it can slow down, reverse, or even prevent Parkinson's, they are mindful that thousands of people living with the condition need real support today. PCSUK strive to create a world where people are no longer limited by the effects of Parkinson's Disease.

Neurological Physiotherapy

PCSUk have continued to face challenges during 2021/2022 as a direct result of Covid-19 and economic climate. The charity's home-based neurological physiotherapy service continues to be oversubscribed meaning that we have more demand than we can financially support. The charity continues to prioritise this service, however due to a lower projected income during 2021/ 2022, the charity has spent less on neurological physiotherapy than the previous financial year. Our free home-based Neurological Physiotherapy services is the only of its kind offered to people with Parkinson's throughout the UK. It is designed to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. At PCSUK, we believe that everyone with Parkinson's has the right to access physical support, regardless of where they live or how advanced their condition is, therefore PCSUK provide home-based physiotherapy for people living with Parkinson's. Our home physiotherapy has proved to benefit many people with Parkinson's disease, there has been improvement in beneficiary's physical health and ability to carry out daily activities.

The home-based Neurological Physiotherapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan PCSUK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Neurological Physiotherapists to carry out stage two (the home assessment).

From November 2021 to October 2022, PCSUK has provided home- based Neurological Physiotherapy to 73 people across the UK living with Parkinson's, over that period the cost of our home Neurological Physiotherapy service totalled to **£7,315.00**.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Respite Care

From November 2021 to October 2022, PCSUK has been working with Parkinson's Specialist Carers to provide Respite Care for family carers of those living with Parkinson's Disease throughout the UK. PCSUK understand that caring for a loved one with Parkinson's can be extremely challenging and carers often struggle to find time for themselves, compromising their own health and wellbeing. PCSUK's Respite Care service is designed to give family carers up to 4 hours respite in one day, allowing the carer to take well deserved time for rest and recuperation, wellness, exercise, health and social activities. This service has been very well received by the Parkinson's community and has proved to be very popular. With an increasing number of referrals from the NHS and local community groups, the service is currently oversubscribed. It is the charity's priority to raise more funds to support the demand for the service.

PCSUk have provided respite care for 40 families during the current financial year, costing £25,223.52. This is over double the amount of people supported in the previous year. As Respite Care for people with Parkinson's is not available via the NHS, the demand for this service throughout the UK is rapidly increasing. We are committed to expand this service over the coming years.

The Respite Care service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain level of need, suitability and to create a personalised respite care plan. PCSUK uses an in-house scoring process to determine the success of stage one of the application form. The charity always uses one of our certified care providers to carry out stage two (the home assessment).

Exercise Classes

Research has shown that exercise can slow down the progression of Parkinson's and is an essential therapy in everyone's life and especially for people with Parkinson's. Our specialist exercise classes provide great physical and mental benefits for people with Parkinson's and their carers and improves overall quality of life.

Since Covid-19 pandemic, PCSUK has kept its online Parkinson's Specialist Exercise Classes operating and have expanded the number and variety of classes available. The provision of free exercise classes for people with Parkinson's is one of our core services. The charity is the first of its kind to provide free specialist exercise classes face to face across the UK and online. The type of classes provided include: Parkinson's Tai Chi, Parkinson's Qigong, Parkinson's Yoga and Mindfulness Yoga, Beat Boxing for Parkinson's, Gentle Fitness Classes for Parkinson's, Parkinson's Exercise to Music and Group Neurological Physiotherapy. The charity's face to face classes remained close during 2020 and 2021 due to Covid-19 and the knock on safety and financial implications. We are now fundraising to reopen face to face classes across the UK

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Over the term we have spent £9,833.62 on exercise classes which has helped over 50 people online. This is a remarkable achievement and are pleased that our expenditure in this area has not declined since the previous financial year. Our classes have been transforming lives and are continuing to help those affected with Parkinson's by improving their balance, increasing mobility, strengthening muscles, improving flexibility, gait, and mental health. We have seen a big demand for our exercise classes across the UK and we are working hard to reopen our face-to-face classes over the forthcoming year.

All our Specialist Exercise Instructors are fully qualified, have experience of working with people with Parkinson's and have specific Parkinson's training from Parkinson's Care and Support UK. They comprise of personal trainers, fitness instructors and certified teachers in a variety of disciplines such as Yoga, Tai Chi, Qigong and neurological physiotherapy.

Social Events

During November 2021 to October 2022, PCSUK spent time researching and planning new social events for people with Parkinson's. These events are designed to improve wellbeing, reduce loneliness and isolation. Partners of those with Parkinson's are welcome to such events. The charity will continue to raise funds to support these events, which will include art classes, trips to national parks and sensory gardens and music therapy classes.

The Parkinson's Mental Health Support Hub

The Parkinson's Mental Health Support Hub is the world's first and only mental health support system specifically for people affected by Parkinson's.

People often think that Parkinson's only affects you physically. This couldn't be further from the truth. Parkinson's Disease can have a big impact on one's mental wellbeing and anxiety and depression are common non-motor symptoms of people living with Parkinson's.

Up to 50% of people with Parkinson's will suffer from Anxiety or Depression during the course of their illness. Many cases are undiagnosed or untreated, causing significant loss of life quality.

The Parkinson's Mental Health Support Hub is designed to address and tackle the most common mental health issues within Parkinson's whilst providing adequate support for newly diagnosed people and those who are approaching end of life.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

The hub opened on 11th April 2021 and provides four distinct services which include:

1. **Parkinson's CBT (Cognitive Behavioural Therapy)** – a GP referred service for people with Parkinson's who are suffering from Anxiety or Depression, but who are not currently being treated. CBT is one the most successful treatments for people with Anxiety and Depression.
2. **Parkinson's ACT (Acceptance and Commitment Therapy)** – a self-referred service for people with Parkinson's who may be struggling to accept their diagnosis. This service is particularly useful for newly diagnosed and those with YOPD (Young Onset Parkinson's Disease).
3. **Parkinson's End of Life and Bereavement Support Line** – a support line for family carers whose loved one is coming towards the end of their life or for those who have lost a loved one with Parkinson's. Grief is a natural process, but it can be devastating. We are here to support you before and after the death of someone close.
4. **Parkinson's Befriending and Companionship Network** – a service designed to reduce isolation and loneliness for people living with Parkinson's through peer support and visiting care.

All of our therapies are carried out by qualified Psychotherapists, experienced in Neurological Psychotherapy.

All of our services are free and are funded by the general public.

Our aim of the Parkinson's Mental Health Support Hub is to reduce isolation and loneliness, anxiety, depression and suicide rate amongst people with Parkinson's, to improve wellbeing and quality of life amongst the newly diagnosed, those with YOPD and people who are experiencing end of life or the loss of a loved one with Parkinson's.

From November 2021 to October 2022, the Parkinson's Mental Health Hub has supported over 200 people across all services, costing the charity £33,053.00. The charity has spent approximately 3 times the amount that was spent in the first year of launching the service. We receive an incredible amount of applications from the community and referrals by the NHS. We are currently oversubscribed for some of our services within the Hub and fundraising for the vital service is a priority for the charity.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Visiting Care

Visiting Care has been introduced as an additional service to the Parkinson's community. Parkinson's

Care and Support UK have been working with Parkinson's Specialist Carers over the past year to provide home-based visiting care to support the most vulnerable people living with Parkinson's. The most vulnerable people with Parkinson's are over 70 years old and live alone with no additional support. They are isolated and are at the most risk.

Since Covid-19, the most vulnerable people with Parkinson's have continued to suffer declining health and wellbeing. The most vulnerable people with Parkinson's are at the highest risk of falls, malnutrition and isolation.

Visiting care includes help with personal hygiene and homecare chores such as cleaning and meal preparation. It provides much needed companionship to reduce isolation and improve wellbeing for vulnerable people living with Parkinson's as well as support such as escorting to supermarket, facilitating engagement with local community activities and attending health appointments.

During this financial period, PCSUK awarded visiting care to 27 vulnerable people with Parkinson's costing a total £16,282.90

Occupational Therapy

The charity works with Occupational Therapists specialised in Parkinson's Disease to increase independence and safety amongst people with Parkinson's. Falling is the leading cause of death for people with Parkinson's and so the home visiting, assessment and training service provides practical support and information to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. It also offers practical guidance and support for carers looking after their loved ones with Parkinson's.

Our Occupational Therapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan. Parkinson's Care and Support UK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Occupational Therapist, specialised in Parkinson's Disease to carry out stage two (the home assessment). The service is suited for those who are greatest risk of falls and who have not been able to secure any intervention or support from the NHS.

During November 2021 to October 2022, Parkinson's Care and Support UK provided occupational therapy for 5 families, which amount to £1,800. The charity will be aiming to raise more funds to support this service which will reflect in the number of people that we are able to support over the forthcoming year.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Non-pharmaceutical research

The charity's medium goal is to continue to grow support for non-pharmaceutical research, including launching a public appeal to raise £2 million by 2027. In September 2025, we plan to open of our first small grants scheme. The Preventing Parkinson's Grant Fund will provide funding towards research projects that are focussed on the prevention of Parkinson's Disease. Parkinson's Care and Support UK believes that the prevention of the condition is just as important as a cure and this is needed to slow down the rate of growth.

The Parkinson's Centre for Integrated Therapy

Parkinson's Care and Support UK are excited to be opening the UK's first Parkinson's Centre for Integrated Therapy in partnership with the University of Kent, in 2023. There is currently no cure for Parkinson's, but different therapies and support can help people manage the condition. These treatments are in high demand, and some are not routinely available. Therefore, providing freely accessible therapies so that multiple symptoms can be managed all under one roof is a top priority.

An estimated 2,000 people will visit the Centre during its inaugural year, with its integrated approach filling a much-needed gap in the support options currently available. Covering clinical, research and education delivery, the Centre will also serve as a community hub for people with Parkinson's and their families.

Fundraising Activities

During November 2021 to October 2022, PCSUK raised £226,822.00 from fundraising events and activities and from individual donors. This is encouraging increase from the amount raised in the previous financial year.

Fundraising appeals to individual donors, individual supporter events and a series of online fundraising appeals generated approximately 90% of the charity's income between November 2021 and October 2022.

The charity received a small amount of funding from charitable trusts but has been spending more time fundraising in this area and hopes to see more support from trusts and foundations in the future.

Our Impact

On behalf of the beneficiaries of PCSUK, their families and the staff and volunteers at the charity, PCSUK will always be grateful for your support. We are grateful that an increasing number of individuals and organisations are aligning themselves with our mission to improve holistic care and quality of life for people affected by Parkinson's. Their generosity in helping to fund our life changing services has maximised our impact and helped us to give holistic health care and wellbeing the investment it deserves.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Examples of the Impact we are making

- We have funded 10 online Parkinson's specific exercise classes during 2021-2022
- For every exercise class held, we improve the lives of around 400 people affected by Parkinson's every month, of which 200 of these have Parkinson's Disease
- For every £1 you give to PCSUK, over 20% is spent on respite care and visiting care in
- We have funded respite care and companionship for 40 family carers during November 2021- October 2022
- We have funded home-based Neurological Physiotherapy for 19 people living with Parkinson's throughout England and Wales, improving physical mobility, health and quality of life.
- For every person with Parkinson's who benefits from home physiotherapy, their risk of falls is reduced
- We have funded Occupational Therapy for 5 people during November 2021 and October 2022.
- We have raised the profile of family carers of those with Parkinson's and continue to do so
- Parkinson's Care and Support UK launched the world's only Parkinson's Mental Health Support Hub in April 2021 and have supported over 200 people via the hub during 2021-2022
- We are improving the mental wellbeing of people with Parkinson's and their family carers
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers
- We listened to and involved people with Parkinson's in our work so that we can deliver the services that our beneficiaries want and need
- Parkinson's Care and Support UK have partnered with the University of Kent to open the UK's first Parkinson's Centre for Integrated Therapies in 2023, providing therapies, research and education all under one roof.

Signed by the order of the Trustee

Mr Paul Silly
Trustee

Date: 24 May 2023

PARKINSON'S CARE AND SUPPORT UK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the trustees on my examination of the accounts of the Parkinson's Care and Support UK (PCSUK) for the year ended 31 October 2022.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirement of the charities Act 2011 ('The Act')

I report in respect of my examination of the trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the charity commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

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

1. Accounting records were kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do agree with those records.

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

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 2022.

Responsibilities and Basis of Report

As the trustees of the charitable incorporated organisation you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable organisation are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Supreme Class Limited
Falcon House
19 Deer Park Road
South Wimbledon
SW19 3UX

PARKINSON'S CARE AND SUPPORT UK
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER
2022

		Unrestricted funds	restricted Funds	Year ended 31 October 2022
		£	£	£
Income from				
Donations and				
legacies	3	192,487.29	0.00	192,487.29
charitable activities	4	34,335.31	0.00	34,335.31
Total income		<u>226,822.60</u>	0.00	<u>226,822.60</u>
Expenditure on:				
Raising funds		13,591.00	0.00	13,591.00
Charity Activities		99,035.04	0.00	99,035.04
Support cost (note 8)		17,966.66	0.00	17,966.66
Admin activities		48,190.63	0.00	48,190.63
Total expenditure		<u>178,783.33</u>	<u>0.00</u>	<u>178,783.33</u>
 Loss/gain		 <u>48,039.27</u>	 0.00	 <u>48,039.27</u>
Net income		226,822.60	0.00	226,822.60
 Net Expenditure		 178,783.33	 0.00	 178,783.33
Net movement in funds		<u>48,039.27</u>	<u>0.00</u>	<u>48,039.27</u>
 Fund balances at start of period 01 November 2021		 17,694.89	 0.00	 17,694.89
 Fund balances at end of period (31 October 2022)		 <u>64,091.33</u>	 0.00	 <u>64,091.33</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

PARKINSON'S CARE AND SUPPORT UK

BALANCE SHEET

AS AT 31 OCTOBER 2022

Fixed Assets	
Investments	0.00
Tangible fixed assets	0.00
Intangible fixed assets	0.00
	0.00
Current Assets	
Debtors	0.00
Cash at bank and in hand	<u>64,091.33</u>
 Net current assets	 <u>64,091.33</u>
 Total assets less current	
Liability	<u>64,091.33</u>

Paul Silly
Trustee (Chairman)

Date Approved by the board: 24 May 2023

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2022

1 Statutory Information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in England and Wales. The charitable incorporated organisation registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) – Charities SORP (FRS102) and the Companies Act 2006.

Parkinson's Care and Support UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about Parkinson's Care and Support UK's ability as a going concern. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Income

All income is recognised in the Statement of Financial Activities once the Charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability and it is probable that the charity will receive the income.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates. Charitable expenditure comprises those costs incurred by the Charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the statutory requirements of the Charity and include its independent examination fees and costs linked to strategic management of the Charity.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2022

2.5 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity. Unrestricted funds include designated funds which are funds which trustees have allocated to be spent on a specific purpose.

2.6 Taxation

The Charity incorporated organisation is a registered charity number: 1179246. All of the Charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

2.7 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.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

3. Income from donations and legacies

	unrestricted funds	year to 31 October 2022
	£	£
Donations & Legacies	192,487.29	192,487.29
	192,487.29	192,487.29

4. Income from charitable activities

	unrestricted funds	year to 31 October 2022
	£	£
HCF Grant	1,000.00	1,000.00
Gift Aid	33,335.31	33,335.31
	<u>34,335.31</u>	<u>34,335.31</u>

PARKINSON'S CARE AND SUPPORT UK**NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022****Total expenditure**

	staff costs	Depreciation & Amortisation	Total costs
	£	£	£
Raising Funds charitable activities	13,591.00	0.00	13,591.00
Charity activities	99,035.04	0.00	99,035.04
Support cost (note 8)	17,966.66	0.00	17,966.66
Admin activities (note 9)	48,190.63	0.00	48,190.63
Total	<u>178,783.33</u>	<u>0.00</u>	<u>178,783.33</u>

8. Supports Costs	31 October 2022
	£
Staff cost	17,966.66

9. Admin Costs

	31 October 2022
Staff Welfare	1,756.64
Legal and Professional Fee	1,800.00
Surveyors fee	1,527.85
Council Tax	1,036.76
Rent	5,600.00
Petrol & Oil	2,498.10
Motor Repairs and Service	878.98
Accountancy	1,632.00
Webhosting	4,825.72
General Travel	3,641.10
Telephone	1,602.83
Design & Marketing	4,003.60
Consultancy fee	3,647.36
Postage and stationary	1,039.07
Computer Expenses	1,542.38
Volunteer Support	4,285.00
Sundry	730.59
Vehicle Hire	1,300.00
General Insurance	2,895.00
Light, Heat & Power	1,947.65

PARKINSON'S CARE AND SUPPORT UK**NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022****Trustees**

The trustee was reimbursed a total of £2,517.36 during the year for business expenses and travel. There were no other related party transactions requiring disclosure

	Unrestricted funds £	Designated funds £	Total funds £
Income from			
Donations and Legacies	192,487.29	0.00	192,487.29
HCF Grant	1,000.00	0.00	1,000.00
Gift Aid	33,335.31		33,335.31
Total income	<u>226,822.60</u>		<u>226,822.60</u>
 Expenditure on			
Raising funds	13,591.00	0.00	13,591.00
Mental Health Support Hub	33,080.00	0.00	33,080.00
Physiotherapy	7,315.00	0.00	7,315.00
Visiting Care	16,282.90	0.00	16,282.90
Occupational Therapy	1,800.00	0.00	1,800.00
Therapies	5,500.00	0.00	5,500.00
Respite care	25,223.52	0.00	25,223.52
Exercise	9,833.62	0.00	9,833.62
Support cost	17,966.66	0.00	17,966.66
Admin cost	48,190.63	0.00	48,190.63
Total expenditure	<u>178,783.33</u>	0.00	<u>178,783.33</u>
 Net gains/losses	48,039.27	0.00	48,039.27

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2022

Employees

Number of employees

The average number of employees during period was 2

Employment costs	year to 31 October 2022
	£
Wages & Salaries	17,966.66
Social Security	0.00
	<u>17,966.66</u>

Accounts

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 31 OCTOBER 2021

PARKINSON'S CARE AND SUPPORT UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Paul Silly Mr Paul Morgan Ms Debbie Morgan
Charity Number	1179246
Registered office	PCSUK PO BOX 3251 MITCHAM SURREY CR4 9EN
Principal address	PCSUK PO BOX 325 MITCHAM SURREY
Independent Examiner	Isaac Darkwa Supreme Class Limited Falcon House 19 Deer Park Road South Wimbledon SW19 3UX
Bankers	Barclays Leicester LE87 2BB

PARKINSON'S CARE AND SUPPORT UK

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PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT FOR THE YEAR ENDED 31 OCTOBER 2021

The Charity Registration number is 1179246.

Structure, Governance and Management

The Charity is governed by a Board of Trustees which make all medium and longer- term strategic decisions. Day to day running of the Charity is overseen by the Chairman and his trustees. The team of trustees are responsible for the delivery of the long-term strategy of the Charity.

Each Trustee appointed or whose appointment is approved or ratified by the charity in a general meeting will have an initial three-year term of office. There is an option of renewal for a further three years by agreement between them. July 2021 marked the end of the second term for each trustee to be considered for reappointment Parkinson's Care and Support UK are delighted that all trustees wish to remain on the Board. In addition, we will start a recruitment process to appoint additional board members.

In 2017 Mr Paul Silly, Miss Debbie Morgan, Mr Paul Morgan and Mr Kovi Noukounou having being carers for people with Parkinson's disease, identified a significant gap in the Parkinson's community and Parkinson's Care and Support UK (PCSUK) was registered to address these issues. PCSUK was officially registered in England and Wales on 18 July 2018 and in Scotland in December 2018.

Parkinson's Care and Support UK:

- Is the only UK charity that provides FREE face to face and online Parkinson's specific exercise classes throughout the UK
- Is the only UK charity that provides FREE respite care for family carers of those with Parkinson's who may be struggling to take care of their loved ones or who otherwise need additional support.
- Is the only UK charity that provides FREE home-based neurological physiotherapy to improve mobility and independence.
- Is the only charity that provides FREE visiting care for the most vulnerable people with Parkinson's. These people are usually over 70 years old and live alone with no additional support. This service improves safety and wellbeing and tackles loneliness and isolation.
- Is the only UK charity that provides FREE Occupational Therapy to improve safety, increase independence and confidence and reduce the risk of falls.
- Provides access to personalised nutritional management and support based on the Biochemical Individuality of each person with Parkinson's Disease. This service is set up in collaboration with the patient's own GP, for best and safe practice.
- provides the world's only Parkinson's Mental Health Support Hub, delivering CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) to people with Parkinson's who are suffering from Anxiety or Depression. The Hub also provides an End of Life and Bereavement Support Line and a Befriending and Companionship Network.
- Provides information on diet, nutrition, exercise, mental health, holistic health, wellness and complementary therapies as well as services and products, to improve quality of life for those with Parkinson's.

- Fund social, community-based events and therapeutic activities through our PD Together Groups, to reduce isolation amongst people with Parkinson's and their carers and improve well-being and quality of life.

Our Mission

Parkinson's Care and Support UK improves the lives of everyone affected by Parkinson's Disease today, not tomorrow. We don't believe in masking symptoms, but to manage and minimise them within the best of our capabilities. We lead discussions in innovative complementary and integrated therapies for Parkinson's and educate and empower people with Parkinson's, carers and healthcare professionals to be proactive about comprehensive and multidisciplinary health care and wellbeing in order to live better for longer. We strive to prevent, slow down, reverse and end Parkinson's through funding new, innovative, biochemically based non-pharmaceutical research.

How We Work

We are small, but very impactful. We are confident that every service we provide makes a DIRECT impact on the lives of those affected by Parkinson's.

We believe in keeping our administration and staff costs to a minimum so that your money is spent on making a real difference to those living with Parkinson's today.

We listen to our donors. Billions of pounds have been spent on Parkinson's research worldwide over the past 30 years. There have been little advances on medications, and sadly we are nowhere near a cure. People do not want false promises of cures or to be told a cure is coming in their lifetime, when it is not. That is why we will only fund non-pharmaceutical research that has real prospects of preventing, slowing down the progression or reversing Parkinson's within 5 years.

Strategy and Activities

Services and Core Activities

Parkinson's Care and Support UK is the only UK charity which focuses on Integrated Healthcare, Wellness, Care and Complementary therapies to improve life with Parkinson's and to ensure that people live better for longer.

Although we fund non-pharmaceutical research into how we can slow down, reverse or even prevent the onset of Parkinson's, we are mindful that thousands of people living with the condition need support today. Through our work we encourage positivity and promote the importance of being proactive about health and wellbeing. People with Parkinson's do not need pity or sympathy. They need to be understood, given clear and unbiased information, services and care that will enable life to be lived to the fullest.

Parkinson's is a combination of many symptoms in which no two people have the same experience. Parkinson's Care and Support UK does not believe in simply masking symptoms with medications.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

We believe that in order for people with Parkinson's to live as best as possible within their individual capabilities, a multifaceted approach is needed and that an integrative healthcare plan should be in

place for every person with Parkinson's from diagnosis to end of life. PCSUK strives to create a world where people are no longer limited by the effects of Parkinson's disease.

Although PCSUK actively invest in tomorrow, by funding non-pharmaceutical research into how it can slow down, reverse, or even prevent Parkinson's, they are mindful that thousands of people living with the condition need real support today. PCSUK strive to create a world where people are no longer limited by the effects of Parkinson's Disease.

Neurological Physiotherapy

PCSUK have continued to face challenges during 2020/2021 as a direct result of Covid-19. The charity's home-based neurological physiotherapy service continues to be oversubscribed meaning that we have more demand than we can financially support. The charity continues to prioritise this service, however due to a lower projected income during 2020/ 2021, the charity has spent less on neurological physiotherapy. Our free home-based Neurological Physiotherapy services is the only of its kind offered to people with Parkinson's throughout the UK. It is designed to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. At PCSUK, we believe that everyone with Parkinson's has the right to access physical support, regardless of where they live or how advanced their condition is, therefore PCSUK provide home-based physiotherapy for people living with Parkinson's. Our home physiotherapy has proved to benefit many people with Parkinson's disease, there has been improvement in beneficiary's physical health and ability to carry out daily activities.

The home-based Neurological Physiotherapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan PCSUK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Neurological Physiotherapists to carry out stage two (the home assessment).

From November 2020 to October 2021, PCSUK has provided home- based Neurological Physiotherapy to 73 people across the UK living with Parkinson's, over that period the cost of our home Neurological Physiotherapy service totalled to **£28,498.20**.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

Respite Care

From November 2020 to October 2021, PCSUK has been working with Parkinson's Specialist Carers to provide Respite Care for family carers of those living with Parkinson's Disease throughout the UK. PCSUK understand that caring for a loved one with Parkinson's can be extremely challenging and carers often struggle to find time for themselves, compromising their own health and wellbeing. PCSUK's Respite Care service is designed to give family carers up to 4 hours respite in one day, allowing the carer to take well deserved time for rest and recuperation, wellness, exercise, health and social activities. This service has been very well received by the Parkinson's community and has proved to be very popular.

PCSUK have provided respite care for 18 families over the year, costing £11,303.60. As Respite Care for people with Parkinson's is not available via the NHS, the demand for this service throughout the UK is rapidly increasing. We are committed to expand this service over the coming years.

The Respite Care service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain level of need, suitability and to create a personalised respite care plan. PCSUK uses an in-house scoring process to determine the success of stage one of the application form. The charity always uses one of our certified care providers to carry out stage two (the home assessment).

Exercise Classes

Research has shown that exercise can slow down the progression of Parkinson's and is an essential therapy in everyone's life and especially for people with Parkinson's. Our specialist exercise class provides great physical and mental benefits for people with Parkinson's and their carers and improves quality of life.

As a result of the Covid-19 pandemic, PCSUK launched its online Parkinson's Specialist Exercise Classes during 2019, which have continued to operate since. The provision of free exercise classes for people with Parkinson's is one of our core services. The charity is the first of its kind to provide free specialist exercise classes face to face across the UK and online. The type of classes provided include: Parkinson's Tai Chi, Parkinson's Qigong, Parkinson's Yoga and Mindfulness Yoga, Beat Boxing for Parkinson's, Gentle Fitness Classes for Parkinson's and Parkinson's Exercise to Music. Within the first 16 months, we sourced 20 venues across the UK where our classes could be run from and made formal agreements to secure these. The charity's face to face classes remained close during 2020 and 2021 due to Covid-19 and the knock on safety and financial implications.

Over the term we have spent £9,793.00 on exercise classes which has helped over 400 people. This is a remarkable achievement. Our classes have been transforming lives and are continuing to help those affected with Parkinson's by improving their balance, increasing mobility, strengthening muscles, improving flexibility, gait, and mental health. We have seen a big demand for our exercise

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

Exercise Classes (continued)

classes across the UK and so we are committed to reopening our face-to-face classes in the coming months.

All our Specialist Exercise Instructors are fully qualified and have specific Parkinson's training from Parkinson's Care and Support UK. They comprise of personal trainers, fitness instructors and certified teachers in a variety of disciplines such as Yoga, Tai Chi and Qigong.

Social Events

During November 2020 to October 2021, PCSUK spent time researching and planning new social events for people with Parkinson's. These events are designed to improve wellbeing, reduce loneliness and isolation. Partners of those with Parkinson's are welcome to such events. The charity will continue to raise funds to support these events, which will include art classes, trips to national parks and sensory gardens and music therapy classes.

The Parkinson's Mental Health Support Hub

Parkinson's Care and Support UK had planned to launch a single CBT (Cognitive Behavioural Therapy) Helpline in 2021. However, after consulting with the Parkinson's community in 2020 and carrying out research regarding the emotional and mental health support available and needed for people affected by Parkinson's, the trustees decided that it would launch the Parkinson's Mental Health Support Hub instead. The Parkinson's Mental Health Support Hub will be the world's first and only mental health support system specifically for people affected by Parkinson's.

People often think that Parkinson's only affects you physically. This couldn't be further from the truth. Sadly, Parkinson's Disease can have a big impact on one's mental wellbeing and anxiety and depression are common non-motor symptoms of people living with Parkinson's.

Up to 50% of people with Parkinson's will suffer from Anxiety or Depression during the course of their illness. Many cases are undiagnosed or untreated, causing significant loss of life quality.

The Parkinson's Mental Health Support Hub is designed to address and tackle the most common mental health issues within Parkinson's whilst providing adequate support for newly diagnosed people and those who are approaching end of life.

The hub opened on 11th April 2021 and provides four distinct services which include:

1. **Parkinson's CBT (Cognitive Behavioural Therapy)** – a GP referred service for people with Parkinson's who are suffering from Anxiety or Depression, but who are not currently being treated. CBT is one the most successful treatments for people with Anxiety and Depression.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

2. **Parkinson's ACT (Acceptance and Commitment Therapy)** – a self-referred service for people with Parkinson's who may be struggling to accept their diagnosis. This service is particularly useful for newly diagnosed and those with YOPD (Young Onset Parkinson's Disease).
3. **Parkinson's End of Life and Bereavement Support Line** – a support line for family carers whose loved one is coming towards the end of their life or for those who have lost a loved one with Parkinson's. Grief is a natural process, but it can be devastating. We are here to support you before and after the death of someone close.
4. **Parkinson's Befriending and Companionship Network** – a service designed to reduce isolation and loneliness for people living with Parkinson's through peer support and visiting care.

All of our therapies are carried out by qualified Psychotherapists, experienced in Neurological Psychotherapy.

All of our services are free and are funded by the general public.

Our aim of the Parkinson's Mental Health Support Hub is to reduce isolation and loneliness, anxiety, depression and suicide rate amongst people with Parkinson's, to improve wellbeing and quality of life amongst the newly diagnosed, those with YOPD and people who are experiencing end of life or the loss of a loved one with Parkinson's.

From April 2021 to October 2021, the Parkinson's Mental Health Hub has supported 82 people across all services, costing the charity £11,000.

Visiting Care

Visiting Care has been introduced as an additional service to the Parkinson's community. Parkinson's

Care and Support UK have been working with Parkinson's Specialist Carers over the past year to provide home-based visiting care to support the most vulnerable people living with Parkinson's. The most vulnerable people with Parkinson's are over 70 years old and live alone with no additional support. They are isolated and are at the most risk.

Due to Covid-19, people with Parkinson's had been placed at a direct disadvantage as they were told to stay at home and isolate. Many have been away from family, friends or social clubs for several months. As a result, health and wellbeing declined. The effects of Covid-19 put the most vulnerable with Parkinson's at the highest risk. Many were at risk of falls, malnutrition and have not been able to attend hospital appointments due to cancellations.

Visiting care includes help with personal hygiene and homecare chores such as cleaning and meal preparation. It provides much needed companionship to reduce isolation and improve wellbeing for vulnerable people living with Parkinson's as well as support such as escorting to supermarket and attending health appointments.

During this financial period, PCSUK awarded visiting care to 15 vulnerable people with Parkinson's costing a total £9,200.

Occupational Therapy

Occupational Therapy has been a new service offered by Parkinson's Care and Support UK. The charity works with Occupational Therapists specialised in Parkinson's Disease to increase independence and safety amongst people with Parkinson's. Falling is the leading cause of death for people with Parkinson's and so the home visiting, assessment and training service provides practical support to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. It also offers practical guidance and support for carers looking after their loved ones with Parkinson's.

Our Occupational Therapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan. Parkinson's Care and Support UK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Occupational Therapist, specialised in Parkinson's Disease to carry out stage two (the home assessment). The service is suited for those who are greatest risk of falls and who have not been able to secure any intervention or support from the NHS.

During November 2020 to October 2021, Parkinson's Care and Support UK provided occupational therapy for 14 families, which amount to £6,100. The service is currently oversubscribed, but we hope to see a steady increase of the number of people we can support over the coming years.

Non-pharmaceutical research

The charity's short-term goal is to continue to grow support for non-pharmaceutical research, including launching a public appeal to raise £2 million by 2025. In September 2024, we plan to open our first small grants scheme. The Preventing Parkinson's Grant Fund will provide funding towards research projects that are focussed on the prevention of Parkinson's Disease. Parkinson's Care and Support UK believes that the prevention of the condition is just as important as a cure and this is needed to slow down the rate of growth.

PCSUK will ensure that we make the most of every pound year-on-year and aim to make certain that, on average, at least 80p from every £1 goes to charitable activities. We aim to develop a strong brand and identity which supports our core values and beliefs around natural remedies and treatments for Parkinson's Disease.

The Parkinson's Centre for Integrated Therapy

Parkinson's Care and Support UK are excited to be opening the UK's first Parkinson's Centre for Integrated Therapy in partnership with the University of Kent. There is currently no cure for Parkinson's, but different therapies and support can help people manage the condition. These treatments are in high demand, and some are not routinely available. Therefore, providing freely accessible therapies so that multiple symptoms can be managed all under one roof is a top priority.

An estimated 2,000 people will visit the Centre during its inaugural year, with its integrated approach filling a much-needed gap in the support options currently available. Covering clinical, research and education delivery, the Centre will also serve as a community hub for people with Parkinson's and their families.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

Fundraising Activities

During November 2020 to October 2021, PCSUK raised £ 131,057.58 from fundraising events and activities and from individual donors.

Fundraising appeals to individual donors, individual supporter events and a series of online fundraising appeals generated approximately 80% of the charity's income between November 2020 and July 2021. This includes donations from social media fundraising such as Facebook Birthday Donations, individual fundraisers taking part in sponsored virtual events such as walks and cycling events.

The charity received a small amount of funding from charitable trusts and plans on spending more time fundraising in this area in the future.

Our Impact

On behalf of the beneficiaries of PCSUK, their families and the staff and volunteers at the charity, PCSUK will always be grateful for your support. We are grateful that an increasing number of individuals and organisations are aligning themselves with our mission to improve holistic care and quality of life for people affected by Parkinson's. Their generosity in helping to fund our life changing services has maximised our impact and helped us to give holistic health care and wellbeing the investment it deserves.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

Examples of the Impact we are making

- We have funded 10 online Parkinson's specific exercise classes during 2020-2021
- For every exercise class held, we improve the lives of around 400 people affected by Parkinson's every month, of which 200 of these have Parkinson's Disease
- For every £1 you give to PCSUK, over 12.5% is spent on respite care and visiting care in
- We have funded respite care and companionship for 18 family carers during November 2020- October 2021
- We have funded home-based Neurological Physiotherapy for 73 people living with Parkinson's throughout England and Wales, improving physical mobility, health and quality of life.
- For every person with Parkinson's who benefits from home physiotherapy, their risk of falls is reduced
- We have funded Occupational Therapy for 14 people during November 2020 and October 2021.
- We have raised the profile of family carers of those with Parkinson's and continue to do so
- Parkinson's Care and Support UK launched the world's only Parkinson's Mental Health Support Hub in April 2021.
- We are improving the mental wellbeing of people with Parkinson's and their family carers
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers
- We listened to and involved people with Parkinson's in our work so that we can deliver the services that our beneficiaries want and need
- Parkinson's Care and Support UK have partnered with the University of Kent to open the UK's first Parkinson's Centre for Integrated Therapies, providing therapies, research and education all under one roof.

Signed by the order of the Trustee

Mr Paul Silly
Trustee

Date: 24 July 2022

PARKINSON'S CARE AND SUPPORT UK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the trustees on my examination of the accounts of the Parkinson's Care and Support UK (PCSUK) for the year ended 31 October 2021.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirement of the charities Act 2011 ('The Act')

I report in respect of my examination of the trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the charity commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

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

1. Accounting records were kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do agree with those records.

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

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 2021.

Responsibilities and Basis of Report

As the trustees of the charitable incorporated organisation you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable organisation are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Supreme Class Limited
Falcon House
19 Deer Park Road
South Wimbledon
SW19 3UX

PARKINSON'S CARE AND SUPPORT UK
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER
2021

		Unrestricted funds	restricted Funds	Year ended 31 October 2021
		£	£	£
Income from				
Donations and legacies	3	114,079.29	0.00	114,079.29
charitable activities	4	16,978.29	0.00	16,978.29
Total income		<u>131,057.58</u>	0.00	<u>131,057.58</u>
Expenditure on:				
Raising funds		12,000.12	0.00	12,000.12
Charity Activities		82,244.20	0.00	82,244.20
Support cost (note 8)		32,034.30	0.00	32,034.30
Admin activities		32,281.07	0.00	32,281.07
Total expenditure		<u>158,559.69</u>	<u>0.00</u>	<u>158,559.69</u>
Loss/gain		<u>(27,502.11)</u>	0.00	<u>(27,502.11)</u>
Net income		131,057.58	0.00	131,057.58
Net Expenditure		158,559.69	0.00	158,559.69
Net movement in funds		<u>(27,502.11)</u>	<u>0.00</u>	<u>(27,502.11)</u>
Fund balances at start of period 01 November 2020		0.00	0.00	0.00
Fund balances at end of period (31 October 2021)		<u>17,700.89</u>	0.00	<u>17,700.89</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

PARKINSON'S CARE AND SUPPORT UK

BALANCE SHEET AS AT 31 OCTOBER 2021

Fixed Assets

Investments	0.00
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Tangible fixed assets	0.00
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Intangible fixed assets	0.00
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0.00

Current Assets

Debtors	0.00
---------	------

Cash at bank and in hand	<u>17,700.89</u>
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Net current assets	<u>17,700.89</u>
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Total assets less current	
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Liability	<u>17,700.89</u>
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Paul Silly

Trustee (Chairman)

Date Approved by the board: 24 July 2022

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2021

1 Statutory Information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in England and Wales. The charitable incorporated organisation registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with 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) (effective 1 January 2015) – Charities SORP (FRS102) and the Companies Act 2006.

Parkinson's Care and Support UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about Parkinson's Care and Support UK's ability as a going concern. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Income

All income is recognised in the Statement of Financial Activities once the Charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability and it is probable that the charity will receive the income.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates. Charitable expenditure comprises those costs incurred by the Charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the statutory requirements of the Charity and include its independent examination fees and costs linked to strategic management of the Charity.

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2021

2.5 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity. Unrestricted funds include designated funds which are funds which trustees have allocated to be spent on a specific purpose.

2.6 Taxation

The Charity incorporated organisation is a registered charity number: 1179246. All of the Charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

2.7 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.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

3. Income from donations and legacies

	unrestricted funds	year to 31 October 2021
	£	£
Donations	114,079.29	114,079.29
Legacies	114,079.29	114,079.29

4. Income from charitable activities

	unrestricted funds	year to 31 October 2021
	£	£
HMRC JRS Grant	16,978.29	16,978.29
	<u>16,978.29</u>	<u>16,978.29</u>

PARKINSON'S CARE AND SUPPORT UK**NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER
2021****Total expenditure**

	staff costs	Depreciation & Amortisation	Total costs
	£	£	£
Raising Funds charitable activities	12,000.12	0.00	12,000.12
Charity activities	82,244.20	0.00	82,244.20
Support cost (note 8)	32,034.30	0.00	32,034.30
Admin activities (note 9)	32,281.07	0.00	32,281.07
Total	<u>158,559.69</u>	<u>0.00</u>	<u>158,559.69</u>

8. Supports Costs	31 October 2021
	£
Staff cost	32,034.30

9. Admin Costs

**31 October
2021**

Employer's PAYE & NI Con.	3,203.43
Staff Welfare	3,594.69
Legal and Professional Fee	3,916.00
Rates and Water	1,345.68
Rent	3,500.00
Petrol & Oil	1,181.90
Motor Repairs and Service	379.99
Accountancy	2,940.00
Advertising	2,079.79
General Travel	1,314.04
Telephone	2,395.10
General Insurance	876.00
Prints, post and stationary	2,171.17
Computer Expenses	676.82
Sundry	2,292.26
General Insurance	279.05
Light, Heat & Power	135.15

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

Trustees

The trustee was reimbursed a total of £2,517.36 during the year for business expenses and travel. There were no other related party transactions requiring disclosure

	Unrestricted funds £	Designated funds £	Total funds £
Income from			
Donations and Legacies	114,079.29	0.00	114,079.29
HMRC Grant	16,978.29	0.00	16,978.29
Total income	<u>131,057.58</u>		<u>131,057.58</u>
 Expenditure on			
Raising funds	12,000.12	0.00	12,000.12
Physiotherapy	28,498.20	0.00	28,498.20
Occupational therapy.	6,100.00	0.00	6,100.00
Mental Health	11,000.00		11,000.00
Visiting Care	9,200.00		9,200.00
Respite care	11,303.60	0.00	11,303.60
Exercise	16,142.40	0.00	16,142.40
Support cost	32,034.30	0.00	32,034.30
Admin cost	32,281.07	0.00	32,281.07
Total expenditure	<u>158,559.69</u>	0.00	<u>158,559.69</u>
 Net gains/losses	(27,502.11)	0.00	(27,502.11)

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER
2021

Employees

Number of employees

The average number of employees during period was 2

Employment costs	year to 31 October 2021
	£
Wages & Salaries	32,034.30
Social Security	3,064.00
	<u>35,098.30</u>

Accounts

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 31 OCTOBER 2020

PARKINSON'S CARE AND SUPPORT UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Paul Silly (Chairman) Miss Debbie Morgan (Secretary) Mr Paul Morgan
Charity Number	1179246
Registered office	PARKINSON'S CARE AND SUPPORT UK PO BOX 3251 MITCHAM SURREY CR4 9EN
Principal address	PARKINSON'S CARE AND SUPPORT UK PO BOX 3251 MITCHAM SURREY CR4 9EN
Independent Examiner	Isaac Darkwa Supreme Class Limited Falcon House 19 Deer Park Road South Wimbledon SW19 3UX
Bankers	Barclays Leicester LE87 2BB

PARKINSON'S CARE AND SUPPORT UK

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PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 OCTOBER 2020

The Charity Registration number is 1179246.

Structure, Governance and Management

The Charity is governed by a Board of Trustees which make all medium and longer-term strategic decisions. Day to day running of the Charity is overseen by the Chairman and his trustees. This team of trustees are responsible for the delivery of the long-term strategy of this Charity.

Each Trustee appointed or whose appointment is approved or ratified by the charity in a general meeting will have an initial three-year term of office. There is an option of renewal for a further three years by agreement between them. July 2024 will mark the end of the second term for each trustee to be considered for reappointment. This is done by means of recruitment process that will be carried out to replace the members of the Board if required, or to appoint additional board members.

In 2017 Mr Paul Silly, Miss Debbie Morgan, Mr Paul Morgan and Mr Kovi Noukounou having direct experience of Parkinson's Disease, identified significant gaps in the Parkinson's community including a lack of integrated, multifaceted healthcare for people with the condition as well as practical and physical support and services for carers. Parkinson's Care and Support UK (PCSUK) was registered to address these issues. PCSUK was officially registered in England on 18 July 2018 and in Scotland on 03 December 2018 with Paul Silly as Chairman.

Strategy and activities

Services and Core Activities

Parkinson's Care and Support UK is the only UK charity which focuses on Integrative Healthcare, Wellness, Care and Complementary therapies to improve life with Parkinson's and to ensure that people live better for longer.

Although we fund non-pharmaceutical research into how we can slow down, reverse or even prevent the onset of Parkinson's, we are mindful that thousands of people living with the condition need support today. Through our work we encourage positivity and promote the importance of being proactive about health and wellbeing. People with Parkinson's do not need pity or sympathy. They need to be understood, given clear and unbiased information, services and care that will enable life to be lived to the fullest.

Parkinson's is a combination of many symptoms in which no two people have the same experience. Parkinson's Care and Support UK does not believe in simply masking symptoms with medications. We believe that for people with Parkinson's to live as best as possible within their individual capabilities, a multifaceted approach is needed and that an integrative healthcare plan should be in place for every person with Parkinson's from diagnosis to end of life. PCSUK strives to create a world where people are no longer limited by the effects of Parkinson's disease.

Parkinson's Care and Support UK:

- is the only UK charity that provides FREE face to face and online Parkinson's specific exercise classes throughout the UK
- is the only UK charity that provides FREE respite care for family carers of those with Parkinson's who may be struggling to take care of their loved ones or who otherwise need additional support.
- is the only UK charity that provides FREE home-based neurological physiotherapy to improve mobility and independence.
- is the only charity that provides FREE visiting care for the most vulnerable people with Parkinson's. These people are usually over 70 years old and live alone with no additional support. This service improves safety and wellbeing and tackles loneliness and isolation.
- is the only UK charity that provides FREE Occupational Therapy to improve safety, increase independence and confidence and reduce the risk of falls.
- provides access to personalised nutritional management and support based on the Biochemical Individuality of each person with Parkinson's Disease. This service is set up in collaboration with the patient's own GP, for best and safe practice.
- provides the world's only Parkinson's Mental Health Support Hub, delivering CBT (Cognitive Behavioural Therapy) and ACT (Acceptance and Commitment Therapy) to people with Parkinson's who are suffering from Anxiety or Depression. The Hub also provides an End of Life and Bereavement Support Line and a Befriending and Companionship Network.
- provides information on diet, nutrition, exercise, mental health, holistic health, wellness, and complementary therapies as well as services and products, to improve quality of life for those with Parkinson's.
- fund social, community-based events and therapeutic activities as well as PD Together social groups, to reduce isolation amongst people with Parkinson's and their carers and improve well-being and quality of life.

Our Mission

Parkinson's Care and Support UK improves the lives of everyone affected by Parkinson's Disease today, not tomorrow. We don't believe in masking symptoms, but to manage and minimise them as best as possible, within our capabilities. We lead discussions in innovative complementary therapies for Parkinson's and educate and empower people with Parkinson's, carers and healthcare professionals to be proactive about comprehensive and multidisciplinary health care and wellbeing in order to live better for longer. We strive to prevent, slow down, reverse and end Parkinson's through funding new, innovative, biochemically based non-pharmaceutical research.

How We Work

We are a small, but very impactful charity. We are confident that every service we provide makes a DIRECT impact on the lives of those affected by Parkinson's. We believe in keeping our administration and staff costs to a minimum so that your money is spent on making a real difference to those living with Parkinson's today.

We listen to our donors. Billions of pounds have been spent on Parkinson's research worldwide over the past 30 years. There have been little advances on medications, and sadly we are nowhere near a cure. People do not want false promises of cures or to be told a cure is coming in their lifetime, when it is not. That is why we will only fund non-pharmaceutical research that has real prospects of preventing, slowing down the progression or reversing Parkinson's within 5 years.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Strategy and activities

Services and Core Activities (continued)

Although Parkinson's Care and Support UK actively invests in tomorrow, by funding non-pharmaceutical research into how it can slow down, reverse or even prevent Parkinson's, they are mindful that thousands of people living with the condition need real support today. The provision of free integrated therapies and well-being services is what makes the charity so unique and impactful.

Exercise classes

Research has shown that exercise can slow down the progression of Parkinson's and can improve both motor and non-motor symptoms of Parkinson's. Regular exercise is considered as medication for many people with Parkinson's and is essential to living better with the condition. Parkinson's Care and Support UK provides a wide range of free exercise classes which provide great physical and mental health benefits for people with Parkinson's and their carers.

Between July 2019 and March 2020, Parkinson's Care and Support UK provided its Parkinson's Specialist Exercises Classes across the UK. The provision of free exercise classes for people with Parkinson's is one of our core services. The charity is the first and only UK charity of its kind to provide free specialist exercise classes face to face across the UK for people with Parkinson's. The type of classes provided by the charity include Parkinson's Tai Chi, Parkinson's Qigong, Parkinson's Yoga and Mindfulness Yoga, Parkinson's Beat Box and Beat Box Intense, Parkinson's Exercise to Music, and Gentle Fitness Class for Parkinson's. Due to Covid-19 and the Government restrictions, there has been a high demand for our online classes as face-to-face classes faced compulsory closure. The first 8 months before lockdown, we sourced 22 venues across UK where our classes were run. Unfortunately, all our venue-based classes have been closed due to Covid-19.

From March 2020, we launched 8 new online classes which benefited people with Parkinson's throughout the whole of the UK. Over this financial period, we have spent **£23,642.24** on our venue-based and online exercise classes which has helped over 300 people with Parkinson's and their carers each month.

The exercise classes delivered by Parkinson's Care and Support UK have been transforming lives and are continuing to help those affected with Parkinson's by improving their balance, increasing mobility, strengthening muscles, improving flexibility, gait and mental health, reducing isolation, strengthening communities and so much more. We have seen a big demand for our venue-based and online exercise classes across England and so we are committed to keeping our online classes running after the lockdown ends to ensure that they are accessible to as many people as possible. We also intend on creating 10 new venue-based classes in addition to the existing ones after lockdown has ended.

Neurological Psychotherapy

2019/2020 has been a challenging year for PCSUK. Due to the Covid-19 pandemic and the subsequent lockdowns, the charity's overall income across England and Wales and Scotland has significantly dropped, eventually all our venue-based classes across the UK were closed and all our face-to-face fundraising events had to be cancelled. Due to the Government restrictions and Covid-19 safety requirements, visits to beneficiaries were limited and some appointments cancelled, however, video-based services were offered where suitable for the patient.

The charity has made exceptional progress with our home-based Neurological Physiotherapy services, which is designed to improve mobility, reduce falls, create independence,

and improve life for those affected by Parkinson's disease. At PCSUK, we believe that everyone with Parkinson's has the right to access physical support, regardless of where they live or how advanced their condition is, therefore PCSUK provide free home-based physiotherapy for people living with Parkinson's. Our home physiotherapy has proved to be beneficial to many people with Parkinson's disease, showing direct improvement our beneficiary's physical health and ability to carry out daily activities. Our home physiotherapy has proved to improve confidence and independence. Many people with Parkinson's disease have reported a significant improvement with their symptoms whilst benefiting from our home-based physiotherapy.

The home-based Neurological Physiotherapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan. PCSUK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Neurological Physiotherapists to carry out stage two (the home assessment).

From October 2019 to October 2020, PCSUK has provided home- based Neurological Physiotherapy to 12 people across the England living with Parkinson's, over that period the total cost of our home physiotherapy amount to **£8,410.00**. The service is oversubscribed, and we receive far more applications from patients that we can fund. Subject to funding, we hope to expand our home-based Neurological Physiotherapy service in order to benefit more people with Parkinson's over the forthcoming months.

PARKINSON'S CARE AND SUPPORT UK TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Respite Care and Companionship

From July 2019 to October 2020, PCSUK has been working with Parkinson's Specialist Carers to provide Respite Care and Companionship for family carers of those living with Parkinson's disease throughout UK. PCSUK understand that caring for a loved one with Parkinson's can be an extremely difficult task and carers often struggle to find time for themselves. Parkinson's Care and Support UK's Respite Care and Companionship services are designed to give family carers up to 4 hours respite and companionship in one day, allowing the carer to take time for rest and recuperation, wellness, exercise, health, and social activities. These services have been very well received by the Parkinson's community and have proved to be very popular. During July 2019 to October 2020, PCSUK had provided respite and companionship for 15 families, costing the charity **£10,278.46**. As many families' carers are seeking more respite care and companionship, we are committed to expand our services in the coming years.

The Respite Care and Companionship services are awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain level of need, suitability and to create a personalised respite care plan. PCSUK uses an in-house scoring process to determine the success of stage one of the application forms. The charity always uses one of our certified care providers to carry out stage two (the home assessment).

Visiting Care

From July 2019 to October 2020, Parkinson's Care and Support UK had been working with Parkinson's Specialist Carers to provide home-based visiting care to support the most vulnerable people living with Parkinson's. The most vulnerable people with Parkinson's are over 70 years old and live alone with no additional support. They are isolated and are at the most risk.

Due to Covid-19, people with Parkinson's have been placed at a direct disadvantage as they were told to stay at home and isolate. Many have been away from family, friends or social clubs for several months. As a result, health and wellbeing has declined. The effects of Covid-19 have put the most vulnerable with Parkinson's at the highest risk. Many are at risk of falls, malnutrition and have not been able to attend hospital appointments due to cancellations.

Visiting care includes help with personal hygiene and homecare chores such as cleaning and meal preparation. It provides much needed companionship to reduce isolation and improve wellbeing for vulnerable people living with Parkinson's as well as support such as escorting to supermarket and attending health appointments.

During July 2019 to October 2020, PCSUK awarded 388 hours of visiting care, which benefitted 22 vulnerable people with Parkinson's in UK costing the charity **£10,090.45**

Occupational Therapy

Occupational Therapy has been a new service offered by Parkinson's Care and Support UK. The charity works with Occupational Therapists specialised in Parkinson's Disease to increase independence and safety amongst people with Parkinson's. Falling is the leading cause of death for people with Parkinson's and so the home visiting, assessment and training service provides practical support to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. It also offers practical guidance and support for carers looking after their loved ones with Parkinson's.

Our Occupational Therapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan. Parkinson's Care and Support UK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Occupational Therapist, specialised in Parkinson's Disease to carry out stage two (the home assessment). The service is suited for those who are at greatest risk of falls and who have not been able to secure any intervention or support from the NHS or privately.

During July 2019 to October 2020, Parkinson's Care and Support UK provided occupational therapy for 42 families in the UK, which amounted to **£7,275.40**. The service is currently oversubscribed, but we hope to see a steady increase in the number of people we can support over the coming years.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Social event Groups

During July 2019 to October 2020, Parkinson's Care and Support UK spent time researching and planning new social events for people with Parkinson's and their partners or family carers. These events were designed to improve wellbeing, reduce loneliness and isolation. In December 2019, the charity launched our venue based PDTogether Support Groups, which typically take place after exercise classes throughout the UK. These groups are peer to peer support groups which have a positive focus on Wellbeing, Holistic healthcare and Lifestyle choices to enable people to be proactive about their health and life with Parkinson's. PDTogether Groups also organise social events and meets for friendship and fun throughout Scotland. Due to Covid-19 and the Government restrictions, we have brought our PDTogether Groups online, where people with Parkinson's and their carers meet virtually on a regular basis to provide peer to peer support, socialise and reduce isolation. The charity also provides guest speakers who give presentations and information on various topics including nutrition, mental health, complementary therapies, physiotherapy, occupational therapy and much more. It has been a huge success especially during the lockdown, when people from the Parkinson's community have faced immense isolation and loneliness. Over the term, we have spent **£1,126.00** on PDTogether Groups which has helped over 300 people.

Non-pharmaceutical research

The charity's short- term goal is to continue to grow support for non-pharmaceutical research, including launching a public appeal to raise £1 million by 2023. Due to Covid-19 and the strains with fundraising, we were unable to open our new Small Grants Scheme in September 2020 as planned and have now pushed this back to September 2022.

The Preventing Parkinson's Grant Fund will provide funding towards research projects that are focussed on the prevention of Parkinson's disease and raise awareness of this much important area of

We will ensure we make the most of every pound year-on-year and aim to ensure that, on average, at least 80p from every £1 goes to charitable activity. We aim to develop a strong brand and identity which supports our core values and beliefs around natural remedies and treatments for Parkinson's disease.

The Parkinson's Mental Health Support Hub

Parkinson's Care and Support UK had planned to launch a single CBT (Cognitive Behavioural Therapy) Helpline in 2021. However, after consulting with the Parkinson's community in 2020 and carrying out research regarding the emotional and mental health support available and needed for people affected by Parkinson's, the trustees decided that it would launch the Parkinson's Mental Health Support Hub instead. The Parkinson's Mental Health Support Hub will be the world's first and only mental health support system specifically for people affected by Parkinson's.

People often think that Parkinson's only affects you physically. This couldn't be further from the truth. Sadly, Parkinson's Disease can have a big impact on one's mental wellbeing and anxiety and depression are common non-motor symptoms of people living with Parkinson's.

Up to 50% of people with Parkinson's will suffer from Anxiety or Depression during the course of their illness. Many cases are undiagnosed or untreated, causing significant loss of life quality.

The Parkinson's Mental Health Support Hub is designed to address and tackle the most common mental health issues within Parkinson's whilst providing adequate support for newly diagnosed people and those who are approaching end of life.

The hub will provide four distinct services which include:

1. **Parkinson's CBT (Cognitive Behavioural Therapy)** – a GP referred service for people with Parkinson's who are suffering from Anxiety or Depression, but who are not currently being treated. CBT is one the most successful treatments for people with Anxiety and Depression.
2. **Parkinson's ACT (Acceptance and Commitment Therapy)** – a self-referred service for people with Parkinson's who may be struggling to accept their diagnosis. This service is particularly useful for newly diagnosed and those with YOPD (Young Onset Parkinson's Disease).
3. **Parkinson's End of Life and Bereavement Support Line** – a support line for family carers whose loved one is coming towards the end of their life or for those who have lost a loved one with Parkinson's. Grief is a natural process, but it can be devastating. We are here to support you before and after the death of someone close.
4. **Parkinson's Befriending and Companionship Network** – a service designed to reduce isolation and loneliness for people living with Parkinson's through peer support and visiting care.

All of our services are free and are funded by the general public.

All of our therapies are carried out by qualified Psychotherapists, experienced in Neurological Psychotherapy.

Our aim of the Parkinson's Mental Health Support Hub is to reduce isolation and loneliness, anxiety, depression and suicide rate amongst people with Parkinson's, to improve wellbeing and quality of life amongst the newly diagnosed, those with YOPD and people who are experiencing end of life or the loss of a loved one with Parkinson's.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Fundraising Activities

During July 2019 to October 2020, PCSUK raised £119,229.90 from fundraising events and activities and from individual donors.

Small donor cultivation events, individual events, challenge events and general gifts between July 2019-March 2020, generated 90% of the charity's income between July 2019 and October 2020. The charity has also received donations from social media fundraising such as Facebook birthday donations, individual fundraisers taking part in sponsored virtual events such as walks and cycling events.

Due to COVID-19 third party events booked from March 2020 onwards were cancelled until further notice and a revision of fundraising activities took place. Due to the lockdown and government guidelines on social distancing, Parkinson's Care and Support UK were limited to the promotion of virtual and online fundraising, which was brand new territory for the charity. There was also an increase in trusts fundraising, which also had its challenges at this time.

Our Impact

On behalf of the beneficiaries of Parkinson's Care and Support UK, their families and the staff and volunteers at the charity, the charity will always be grateful for your support. We are grateful that an increasing number of individuals are aligning themselves with our mission and are helping to fund our vital services, which despite the pandemic have been growing continuously and are reaching the most disadvantaged and marginalised groups within the Parkinson's community.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Examples of the Impact we are making

- We funded 22 new exercise classes created between 2019-2020 and 8 online exercise classes created in 2020 since the COVID-19 pandemic
- For every exercise class held, we improve the lives of around 50 people affected by Parkinson's every month, of which 300 of these have Parkinson's Disease
- For every £1 you give to PCSUK, almost a ¼ is spent on exercise classes across the UK
- We have funded respite care and companionship for 15 family carers during July 2019- July 2020
- We have funded home-based Neurological Physiotherapy for 12 people living with Parkinson's throughout the UK, improving physical mobility, health and quality of life.
- For every person with Parkinson's who benefits from home physiotherapy, their risk of falls is reduced
- We have funded Occupational Therapy for 42 people during July 2019 and October 2020.
- We have raised the profile of family carers of those with Parkinson's and continue to do so
- We aim to improve the mental wellbeing of people with Parkinson's and their family carers
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers
- For every £1 you give to PCSUK, 88p goes directly to fund our core services and programs
- Every £1 invested in fundraising activities generates an amazing £6.43 for the charity.
- We listened to and involved people with Parkinson's in our work so that we can deliver the services that our beneficiaries want and need

Signed by the order of the Trustee

Mr Paul Silly
Trustee (Chairman)

Date:

PARKINSON'S CARE AND SUPPORT UK

(LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 2020.

Responsibilities and basis of report

As the trustees of the charitable incorporated organisation, you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable organisation are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('The 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment. The charity trustee consider that the audit requirement of regulation 10(1) (d) of the accounts regulation does not apply. It is my responsibility to examine the accounts as required under section 44 (1) (c) of Act and to state whether particular matters have come to my attention.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect: 1. Accounting records were kept in respect of the Trust as required by section 130 of the Act; or 2. The accounts do agree with those records. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached. I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 2020

Supreme Class Limited
Falcon House
19 Deer Park Road
South Wimbledon
SW19 3UX

PARKINSON'S CARE AND SUPPORT UK

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 OCTOBER 2020

		unrestricted funds	Restricted funds	year 31/10/2020
		£	£	£
Income from				
Donations and				
Legacies	3	115,055.07	0.00	115,055.07
charitable activities	4	17,947.51	0.00	17,947.51
Total income		<u>133,002.58</u>	0.00	<u>133,002.58</u>
Expenditure on:				
Raising funds		5,794.07	0.00	5,794.07
Charity Activities		60,822.55	0.00	60,822.55
Support cost (note 8)		28,759.89	0.00	28,759.89
Admin activities		25,347.94	0.00	25,347.94
Total expenditure		<u>120,724.45</u>	0.00	<u>120,724.45</u>
Net Profit/Loss		12,278.13	0.00	1,2278.13
Net Expenditure		120,723.55	0.00	120,723.55
Net movement in funds		<u>12,278.13</u>	0.00	<u>12,278.13</u>
Fund balances at start of period 01 November 2019		10,234.05	0.00	10,234.05
Fund balances at end of period (30 OCTOBER 2020)		<u>20,155.71</u>	0.00	<u>20,155.71</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

PARKINSON'S CARE AND SUPPORT UK

BALANCE SHEET

AS AT 31 OCTOBER 2020

	2020	2019
Fixed Assets	£	£
Investments	0.00	0.00
Tangible fixed assets	0.00	0.00
Intangible fixed assets	<u>0.00</u>	<u>0.00</u>
	0.00	0.00
Current Assets		
Debtors	0.00	0.00
Cash at Bank	20,155.71	10234.05
Creditor: amounts falling due within one year	<u>0.00</u>	<u>0.00</u>
Net current assets	<u>20,155.71</u>	<u>10,234.05</u>
Total funds	<u>20,155.71</u>	<u>10,234.05</u>

For the year ended 31 October 2020 the Charity was entitled to exemption from audit under Section 477 of the Companies Act 2006.

The members have not required the charity to obtain an audit for the year in question in accordance with Section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

The Trustees acknowledge their responsibilities for complying with the requirement of the Act with respect to accounting records and preparation of the financial statements.

The financial statements have been prepared in accordance with the provisions applicable to the entities small companies' regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Paul Silly

Trustee (Chairman)

Date Approved by the board:

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 OCTOBER 2020

1 Statutory information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in Scotland. The charitable incorporated organisation registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 Basis of preparation

Parkinson's Care and Support UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). There are no material uncertainties about Parkinson's Care and Support UK's ability as a going concern. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pence.

2.2 Income

All income is recognised in the Statement of Financial Activities once the Charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability and it is probable that the charity will receive the income.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates. Charitable expenditure comprises those costs incurred by the Charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities. Governance costs include those costs associated with meeting the statutory requirements of the Charity and include its independent examination fees and costs linked to strategic management of the Charity.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 OCTOBER 2020

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short- and medium-term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

2.5 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity. Unrestricted funds include designated funds which are funds which trustees have allocated to be spent on a specific purpose.

2.6 Taxation

The Charity incorporated organisation is a registered charity number: 1179246. All of the Charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

2.7 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. The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

3 Income from donations and legacies

	unrestricted funds	restricted funds	year 31/10/2020
	£	£	£
Donations	115,055.07	0.00	115,055.07
Legacies			
	<u>115,055.07</u>	<u>0.00</u>	<u>115,055.07</u>

4 Income from charitable activities

	unrestricted funds	restricted funds	year to 31/10/2020
	£	£	£
Fund Raising	6878.40	0.00	6878.40
Gift aid	11,069.11	0.00	11,069.11
	<u>17,947.51</u>	<u>0.00</u>	<u>17,947.51</u>

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Total expenditure

**Total
costs**

£

Raising Funds	5,794.07
Charity activities	60,822.55
Support costs (note 9)	28,759.89
Admin costs (note 8)	25,347.94

Total

8. Admin Costs

**year
31/10/2020**

£

Staff Cost	25,347.94
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9. Support Costs

**year
31/10/2020**

Employer's PAYE & NI Cost	1,362.48
General Insurance	1,721.48
Staff Training	369.00
Volunteer Support	2,299.88
Rate and Water	327.15
Rent	2,800.00
Petrol & Oil	2,024.86
Accountancy	1,120.00
General Travel	213.30
Telephone	2,285.91
Printing & Marketing	1,564.82
Publication & Merchandise	1,939.98
Website & Digital	3,693.39
Repairs & Renewals	1,627.15
Postage & stationary	1,669.17
Legal & Professional Fees	1,026.71
Sundry	2,714.61

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Trustees

The trustee was reimbursed a total of **£3,552.77** during the year for business expenses and travel. There were no other related party transactions requiring disclosure.

	Unrestricted funds £	Designated funds £	Total funds £
Income from			
Donations and legacies	115,055.07	0.00	115,055.07
Fund raising	11,069.11	0.00	11,069.11
Gift aid	6878.40		6878.40
Total income	<u>133,002.58</u>		<u>133,002.58</u>
Expenditure on Services			
PDTogether Groups	1,126.00	0.00	1,126.00
Visiting Care	10,090.45	0.00	10,090.45
Raising funds	5,794.07	0.00	5,794.07
Physiotherapy	8,410.00	0.00	8,410.00
Occupational Therapy	7,275.40	0.00	7,275.40
Respite care	10,278.46	0.00	10,278.46
Online Exercise	23,642.24	0.00	23,642.24
Support cost	25,347.94	0.00	25,347.94
Admin cost	28,759.89	0.00	28,759.89
Total expenditure	<u>120,724.45</u>	0.00	<u>120,724.45</u>
Net gains/losses	<u>12,278.13</u>	0.00	<u>12,278.13</u>

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2020

Employees

Number of employees

The average number of employees during period was 2.

Employment costs	year
	31/10/2020
	£
Wages & Salaries	23,849.98
Social Security	1,497.96
	<u>25,347.94</u>