

**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**

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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**

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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**

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#### **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**

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#### **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**

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##### **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**

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##### **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**

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### **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**

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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
		£	£	£
<b>Income from</b>				
Donations and				
Legacies	3	115,055.07	0.00	115,055.07
charitable activities	4	17,947.51	0.00	17,947.51
<b>Total income</b>		<u>133,002.58</u>	0.00	<u>133,002.58</u>
<b>Expenditure on:</b>				
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
<b>Total expenditure</b>		<u>120,724.45</u>	0.00	<u>120,724.45</u>
<b>Net Profit/Loss</b>		12,278.13	0.00	1,2278.13
<b>Net Expenditure</b>		120,723.55	0.00	120,723.55
<b>Net movement in funds</b>		<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
<b>Fund balances at end of period (30 OCTOBER 2020)</b>		<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
<b>Fixed Assets</b>	<b>£</b>	<b>£</b>
<b>Investments</b>	0.00	0.00
Tangible fixed assets	0.00	0.00
Intangible fixed assets	<u>0.00</u>	<u>0.00</u>
	<b>0.00</b>	<b>0.00</b>
<b>Current Assets</b>		
Debtors	0.00	0.00
Cash at Bank	20,155.71	10234.05
<b>Creditor:</b> amounts falling due within one year	<u>0.00</u>	<u>0.00</u>
<b>Net current assets</b>	<b><u>20,155.71</u></b>	<b><u>10,234.05</u></b>
<b>Total funds</b>	<b><u>20,155.71</u></b>	<b><u>10,234.05</u></b>

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**

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### **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**

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### **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**

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### **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**

### **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 £
<b>Income from</b>			
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
<b>Total income</b>	<b><u>133,002.58</u></b>		<b><u>133,002.58</u></b>
<b>Expenditure on Services</b>			
PDTogether Groups	1,126.00	0.00	1,126.00
Visiting Care	10,090.45	0.00	10,090.45
<b>Raising funds</b>	<b>5,794.07</b>	<b>0.00</b>	<b>5,794.07</b>
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
<b>Support cost</b>	<b>25,347.94</b>	<b>0.00</b>	<b>25,347.94</b>
<b>Admin cost</b>	<b>28,759.89</b>	<b>0.00</b>	<b>28,759.89</b>
<b>Total expenditure</b>	<b><u>120,724.45</u></b>	<b>0.00</b>	<b><u>120,724.45</u></b>
<b>Net gains/losses</b>	<b><u>12,278.13</u></b>	<b>0.00</b>	<b><u>12,278.13</u></b>

# **PARKINSON'S CARE AND SUPPORT UK**

## **NOTES TO THE ACCOUNTS (CONTINUED)**

**FOR THE YEAR ENDED 31 OCTOBER 2020**

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### **Employees**

Number of employees

The average number of employees during period was 2.

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