

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

CONTENTS PAGE

	Page
Trustees' report	4 - 12
Independent examiner's report	13
Statement of financial activities	14
Balance Sheet	15
Notes to the accounts	16-22

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>