

# UP - The Adult Cerebral Palsy Movement

England & Wales · Charity number 1179458

## Details

|             |                                                                  |
|-------------|------------------------------------------------------------------|
| Other names | ADULT CEREBRAL PALSY HUB, UP - The Adult Cerebral Palsy Movement |
| Status      | Registered                                                       |
| Legal form  | CIO                                                              |
| Registered  | 2018-08-06                                                       |
| Register    | <a href="#">View on the Charity Commission register</a>          |

## Contact

|         |                                                                             |
|---------|-----------------------------------------------------------------------------|
| Address | Taylor Associates<br>Gallery Court<br>28 Arcadia Avenue<br>London<br>N3 2FG |
| Phone   | 02084469202                                                                 |
| Email   | <a href="mailto:hello@upmovement.org.uk">hello@upmovement.org.uk</a>        |
| Website | <a href="https://upmovement.org.uk/">https://upmovement.org.uk/</a>         |

## Activities

**Objects:** THE OBJECTS OF THE CIO ARE:1. TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF ADULT SUFFERERS OF CEREBRAL PALSY THROUGH THE PROVISION OF ASSISTANCE, SUPPORT, EDUCATION AND PRACTICAL ADVICE;2. ADVANCE THE EDUCATION OF THE GENERAL PUBLIC, RELEVANT MEDICAL AND EDUCATIONAL PROFESSIONALS AND RELATED AND RELEVANT DISCIPLINES IN ALL AREAS RELATING TO CEREBRAL PALSY BY WORKING WITH MEDICAL AND RESEARCH COMMUNITIES TO PROMOTE BEST PRACTICE IN THE TREATMENT, CARE, EDUCATION AND SUPPORT OF ADULTS WITH CEREBRAL PALSY;3. TO ENCOURAGE ADULTS AFFECTED BY CEREBRAL PALSY TO ATTAIN THEIR FULL LIFE POTENTIAL AS MEMBERS OF SOCIETY BY IMPROVING THEIR CONDITIONS OF LIFE;4. TO PROMOTE RESEARCH INTO CEREBRAL PALSY IN ADULTS AND ALLIED CONDITIONS AND TO PROMOTE THE PUBLICATION OF THE RESULTS; AND5. TO PROMOTE ANY OTHER CHARITABLE PURPOSE FOR THE BENEFIT OF ADULTS WITH CEREBRAL PALSY AND/OR THEIR FAMILIES, DEPENDENTS, FRIENDS AND CARERS AND OTHER PERSONS AFFECTED BY CEREBRAL PALSY, IN EACH CASE FOR THE PUBLIC BENEFIT.

**Activities:** Promoting better services for adults with Cerebral Palsy

## Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

## Geography

- Throughout England And Wales

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-04-06 | £67,761 | £52,085     | -      | -         |
| 2024-04-06 | £53,698 | £57,770     | -      | -         |
| 2023-04-06 | £45,060 | £46,600     | -      | -         |
| 2022-04-06 | £18,931 | £12,293     | -      | -         |
| 2021-04-06 | £6,965  | £14,663     | -      | -         |

## Trustees

| Name                                                        | Role  | Appointed  |
|-------------------------------------------------------------|-------|------------|
| EMMA LIVINGSTONE                                            | Chair | 2018-08-06 |
| DEREK LIVINGSTONE                                           |       | 2018-08-06 |
| Dr Jennifer Ryan                                            |       | 2020-12-21 |
| Dr Valerie Stevenson                                        |       | 2020-10-01 |
| MIRIAM CREEGER                                              |       | 2018-08-06 |
| Professor Krishnan Padmakumari Sivaraman<br>Nair MBBS MD DM |       | 2024-08-01 |
| Stephen Melvyn Edward Jacobs OBE                            |       | 2020-10-01 |

**UP - The Adult Cerebral Palsy Movement**

England & Wales - Charity number 1179458

---

# Accounts

---

**Company registration number CE014808 (England and Wales)**

**Charity registration number 1179458 (England and Wales)**

**UP - THE ADULT CEREBRAL PALSY MOVEMENT  
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 5 APRIL 2025**

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## LEGAL AND ADMINISTRATIVE INFORMATION

---

|                                 |                                |                           |
|---------------------------------|--------------------------------|---------------------------|
| <b>Trustees</b>                 | D Livingstone                  |                           |
|                                 | Professor KP S Nair MBBS MD DM | (Appointed 1 August 2024) |
|                                 | Mr S Jacobs OBE                |                           |
|                                 | Dr V Stevenson                 |                           |
|                                 | M Creeger                      |                           |
|                                 | E Livingstone                  |                           |
| <b>Country of incorporation</b> | Dr J Ryan                      |                           |
|                                 | United Kingdom                 | CE014808                  |
|                                 | (England and Wales)            |                           |
|                                 |                                |                           |
|                                 |                                |                           |
|                                 |                                |                           |
| <b>Charity registration</b>     | England and Wales              | 1179458                   |
| <b>Independent examiner</b>     | Taylor Associates              |                           |
|                                 | 1st Floor Gallery Court        |                           |
|                                 | 28 Arcadia Avenue              |                           |
|                                 | London                         |                           |
|                                 | N3 2FG                         |                           |
|                                 |                                |                           |
| <b>Bankers</b>                  | Metro Bank PLC                 |                           |
|                                 | One Southampton Row            |                           |
|                                 | London                         |                           |
|                                 | WC1B 5HA                       |                           |

---

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## CONTENTS

---

|                                   | <b>Page</b> |
|-----------------------------------|-------------|
| Trustees' report                  | 1 - 5       |
| Independent examiner's report     | 6           |
| Statement of financial activities | 7           |
| Balance sheet                     | 8           |
| Notes to the financial statements | 9 - 13      |

---

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

**FOR THE YEAR ENDED 5 APRIL 2025**

---

The trustees present their annual report and financial statements for the year ended 5 April 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

### **Objectives and activities**

UP – The Adult Cerebral Palsy Movement exists to ensure adults with cerebral palsy (CP) have the opportunity to live well and thrive. We work so that no one feels isolated, everyone understands their condition, and adults with CP can access preventative healthcare, timely support, knowledgeable clinical teams and opportunities in the workplace.

Around 130,000 adults in the UK live with cerebral palsy. Despite this, CP remains under-recognised, underfunded and underserved, with many people experiencing a sharp "cliff edge" of support when they reach adulthood.

The charity's objects are to:

- promote and protect the physical and mental health of adult sufferers of cerebral palsy through the provision of assistance, support, education and practical advice;
- advance the education of the general public, relevant medical and educational professionals and related and relevant disciplines in all areas relating to cerebral palsy by working with medical and research communities to promote best practice in the treatment, care, education and support of adults with cerebral palsy;
- encourage adults affected by cerebral palsy to attain their full life potential as members of society by improving their conditions of life;
- promote research into cerebral palsy in adults and allied conditions and to promote the publication of the results; and
- promote any other charitable purpose for the benefit of adults with cerebral palsy and / or their families, dependents, friends and carers and other persons affected by cerebral palsy, in each case for the public benefit.

### *Public benefit*

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake. The charity's activities provide clear public benefit through improving health, wellbeing, participation and access to services for adults with CP and their families.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2025

---

### Achievements and performance

#### Strategic focus

During the year the charity focused on three strategic priorities:

1. Building community
2. Advocacy
3. Growing clinical support

#### 1. Building community

Opportunities to come together and get the support to live well

- Our **Midweek Matters** programme has gone from strength to strength, delivering 40 online events that engaged over 750 participants. These sessions have covered crucial topics often overlooked in traditional healthcare settings such as employment, health, relationships, parenting and wellbeing, combining professional insight with peer connection. Feedback from participants consistently highlighted the value of connecting with others and not feeling alone.
- This year, UP has become more visible, more accessible, and more connected than ever before. Our **digital platforms** have evolved into powerful tools – not just for broadcasting information, but for building community, sparking conversation, and delivering support to people who may never have had it before. Our digital reach and engagement increased significantly, with strong growth across social media, email and website usage. Our digital platforms have become safe spaces for dialogue, information sharing and community support, helping adults with CP access resources wherever they live.
- We launched **community fundraising**, offering a range of ways for supporters to get involved and fundraise for UP. The response has been exceptionally positive, with individuals and teams taking on significant personal challenges to support the charity. In the last 12 months, supporters completed a Tough Mudder, flew the UP flag from the summit of Mount Kilimanjaro, and ran in some of the UK's most iconic races. Community fundraising has raised over £20,000 in the last year, providing much-needed funds to support our programmes and advocacy work.
- Throughout this year, we've continued to amplify the voices of our community through our **digital storytelling and case studies**. From "the only cerebral palsy drag queen in the UK", to young mothers sharing their parenting journeys, we're showcasing the full spectrum of adult life with cerebral palsy. These stories challenge misconceptions and demonstrate that with appropriate support, adults with cerebral palsy lead rich, varied, and meaningful lives – as professionals, parents, partners, and active community members.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2025

---

### 2. Advocacy

Making cerebral palsy visible to policymakers and the public

#### Cerebral Palsy Charter

The charity launched its Cerebral Palsy Charter. Working alongside major cerebral palsy charities and groups, we're calling on the Government to recognise cerebral palsy as a lifelong condition and commit to four key changes:

- **Annual health reviews** – Enabling access to the framework used by GPs to identify individuals with long-term conditions
- **Specialist pathways** – Implementing systematic reviews leading to neuro rehabilitation pathways for health interventions and employment support
- **Dedicated key workers** – Funding professionals to advocate, coordinate, and support individuals with CP throughout their lives
- **Training investment** – Increasing specialist knowledge of cerebral palsy across health and social care

The Charter has gained significant public and political engagement.

#### World Cerebral Palsy Day campaign

“Cerebral palsy is a lifelong condition, so why is there not lifelong support?”

That single question framed one of the most powerful advocacy moments of the year. On World CP Day 2024, we gathered 21 adults with cerebral palsy of all ages and backgrounds in Parliament Square. The resulting image was striking – a collective statement that CP doesn't vanish at 18, even if the support systems do.

The campaign resonated deeply, leading to a milestone moment: for the first time, the NHS website now formally recognises cerebral palsy as a lifelong condition.

### 3. Growing clinical support

Connecting our community with clinical expertise

- We launched a **Community Neuro Team Finder**, a practical tool to help adults with cerebral palsy navigate the healthcare system and locate appropriate services in their area.
- In partnership with the University of Surrey, we've supported the **CP Link Worker Project** – groundbreaking research to understand better how ageing affects those with cerebral palsy and identify what community support is needed and the benefits of social prescribing for the community. This research will provide crucial evidence to support our advocacy for better services and help shape future care models by showcasing approaches that can deliver real improvements for adults with CP.
- **International and clinical engagement** - The charity's co-founder delivered keynote presentations at international and UK conferences, including the CP-Achieve Symposium in Australia, helping raise awareness of adult CP challenges and solutions on a global stage. These activities strengthen the evidence base and support our advocacy for better services.

#### Summary of achievements

The year saw strong growth in reach, recognition and influence. Highlights included:

- Over 750 participants engaged in structured community support sessions.
- Significant growth in digital reach and engagement, improving access to information and connection.
- A high-profile advocacy campaign leading to formal NHS recognition of CP as a lifelong condition.
- New research partnerships and practical tools to support clinical navigation.
- Securing three-year National Lottery funding to support programme delivery and organisational development.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

**FOR THE YEAR ENDED 5 APRIL 2025**

---

### **Financial review**

Total income for the year was £68,395 (2024: £53,804) and total expenditure was £49,719 (2024: £57,876), resulting in net income of £18,676. At year end, total funds were £26,155, comprising £6,155 unrestricted and £20,000 restricted funds.

### *Reserves policy*

The trustees aim to maintain unrestricted reserves equivalent to three to six months of core operating expenditure. At year end unrestricted reserves were £6,155, which is below the target range. Trustees recognise the need to strengthen unrestricted reserves and have prioritised sustainable fundraising and income diversification. Our financial position has been considerably strengthened through securing three-year National Lottery funding from 1 July 2025 to fund our community programme

### **Plans for future periods**

During the year, the charity secured three-year funding from the National Lottery Community Fund. This has enabled the appointment of a Community Support Worker and the development of a Virtual Community Centre, which launched in January 2026 and represents a major milestone in expanding support for adults with cerebral palsy across the UK.

The charity will continue to build community programmes, strengthen advocacy, and develop evidence-based clinical support models.

### **Structure, governance and management**

UP – The Adult Cerebral Palsy Movement is an independent charity (registered number 1179458). The governing document is the memorandum and articles of association dated 6 August 2018. All business of the charity is conducted in accordance with its memorandum and articles of association together with the rules incorporated within this document.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

D Livingstone

Professor KP S Nair MBBS MD DM

(Appointed 1 August 2024)

Mr S Jacobs OBE

Dr V Stevenson

M Creeger

E Livingstone

Dr J Ryan

### *Recruitment and appointment of trustees*

Trustees are appointed by resolution of the Board in accordance with the constitution. The charity must have a minimum of three and a maximum of twelve trustees. The constitution provides for trustees to serve three-year terms, and in practice trustee terms have been extended to maintain continuity and retain specialist expertise during the charity's development. The Board intends to formalise term limits and succession planning as the organisation continues to mature.

In appointing trustees, the Board seeks to ensure an appropriate mix of skills and experience. New trustees receive an induction covering the constitution, charity law responsibilities, safeguarding, and financial controls.

### *Organisational structure*

The charity is governed by the Board of Trustees, which sets strategy and oversees activities. During the year, the charity was operated on a voluntary basis by its co-founders, Emma Livingstone and Miriam Creeger, with no employees. Delivery was supported by volunteers, trustees, and external partners as appropriate.

### **Risk management**

The trustees regularly review strategic and operational risks. Key risks include reliance on grant funding, limited unrestricted reserves, and safeguarding and data protection risks. Mitigations include diversifying income streams, maintaining prudent cost control, and maintaining appropriate policies and trustee oversight.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2025

---

### Acknowledgements

The trustees thank all donors, fundraisers, volunteers, partners and supporters. Particular thanks are given to adults with cerebral palsy and their families who share their experiences and shape the charity's work.

The trustees also wish to recognise the exceptional voluntary contribution of the co-founders, Emma Livingstone and Miriam Creeger, whose leadership, lived experience and commitment have been central to the charity's development and impact.

The trustees also acknowledge the voluntary contribution of the Board and advisory groups.

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



D Livingstone  
**Trustee**

30 January 2026

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF UP - THE ADULT CEREBRAL PALSY MOVEMENT

---

I report to the trustees on my examination of the financial statements of UP - The Adult Cerebral Palsy Movement (the charity) for the year ended 5 April 2025.

#### **Responsibilities and basis of report**

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

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

#### **Independent examiner's statement**

I have completed my examination. I confirm that no 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 not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 in order to enable a proper understanding of the financial statements to be reached.

#### **Taylor Associates**

1st Floor Gallery Court  
28 Arcadia Avenue  
London  
N3 2FG  
30 January 2026

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 5 APRIL 2025**

|                                                       | Notes | Unrestricted<br>funds<br>2025<br>£ | Restricted<br>funds<br>2025<br>£ | Total<br>2025<br>£ | Unrestricted<br>funds<br>2024<br>£ |
|-------------------------------------------------------|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|
| <b>Income from:</b>                                   |       |                                    |                                  |                    |                                    |
| Donations and legacies                                | 3     | 48,395                             | 20,000                           | 68,395             | 53,804                             |
| <b>Total income</b>                                   |       | 48,395                             | 20,000                           | 68,395             | 53,804                             |
| <b>Expenditure on:</b>                                |       |                                    |                                  |                    |                                    |
| Raising funds                                         | 4     | 3,391                              | -                                | 3,391              | -                                  |
| Charitable activities                                 | 5     | 46,328                             | -                                | 46,328             | 57,876                             |
| <b>Total expenditure</b>                              |       | 49,719                             | -                                | 49,719             | 57,876                             |
| <b>Net income/(expenditure) and movement in funds</b> |       | (1,324)                            | 20,000                           | 18,676             | (4,072)                            |
| <b>Reconciliation of funds:</b>                       |       |                                    |                                  |                    |                                    |
| Fund balances at 6 April 2024                         |       | 7,479                              | -                                | 7,479              | 11,551                             |
| <b>Fund balances at 5 April 2025</b>                  |       | 6,155                              | 20,000                           | 26,155             | 7,479                              |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## BALANCE SHEET

AS AT 5 APRIL 2025

|                                 | Notes | 2025<br>£ | £      | 2024<br>£ | £     |
|---------------------------------|-------|-----------|--------|-----------|-------|
| <b>Current assets</b>           |       |           |        |           |       |
| Cash at bank and in hand        |       | 26,155    |        | 7,479     |       |
| <b>Net current assets</b>       |       |           | 26,155 |           | 7,479 |
| <b>The funds of the charity</b> |       |           |        |           |       |
| Restricted income funds         | 9     |           | 20,000 |           | -     |
| Unrestricted funds              | 10    |           | 6,155  |           | 7,479 |
|                                 |       |           | 26,155 |           | 7,479 |

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 5 April 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 30 January 2026

*Derek Livingstone*

D Livingstone  
Trustee

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## NOTES TO THE FINANCIAL STATEMENTS

**FOR THE YEAR ENDED 5 APRIL 2025**

---

### **1 Accounting policies**

#### **Charity information**

UP - The Adult Cerebral Palsy Movement is a Charitable incorporated organisation. The registered office is: Taylor Associates, Gallery Court, 28 Arcadia Avenue, London, N3 2FG.

#### **1.1 Basis of preparation**

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

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 £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### **1.2 Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### **1.4 Income**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

#### **1.5 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 5 APRIL 2025

---

### 1 Accounting policies

(Continued)

#### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.7 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 5 APRIL 2025

### 3 Income from donations and legacies

|                     | Unrestricted<br>funds<br>2025<br>£ | Restricted<br>funds<br>2025<br>£ | Total<br>2025<br>£ | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ |
|---------------------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Donations and gifts | 29,028                             | -                                | 29,028             | 21,304                             | -                                | 21,304             |
| Grants              | 18,108                             | 20,000                           | 38,108             | 32,500                             | -                                | 32,500             |
| Other               | 1,259                              | -                                | 1,259              | -                                  | -                                | -                  |
|                     | <u>48,395</u>                      | <u>20,000</u>                    | <u>68,395</u>      | <u>53,804</u>                      | <u>-</u>                         | <u>53,804</u>      |

### 4 Expenditure on raising funds

|                   | Unrestricted<br>funds<br>2025<br>£ | Unrestricted<br>funds<br>2024<br>£ |
|-------------------|------------------------------------|------------------------------------|
| Fundraising costs | <u>3,391</u>                       | <u>-</u>                           |

### 5 Expenditure on charitable activities

|                                  | 2025<br>£     | 2024<br>£     |
|----------------------------------|---------------|---------------|
| <b>Direct costs</b>              |               |               |
| Community programmes and support | 734           | 2,569         |
| Communications and engagement    | 41,957        | 43,867        |
| Educational programmes           | -             | 10,500        |
| Travel and susistance            | 1,971         | -             |
| General expenses                 | 611           | 420           |
| IT expenses                      | 421           | 414           |
| Fundraising platform fees        | 634           | 106           |
|                                  | <u>46,328</u> | <u>57,876</u> |
| <b>Analysis by fund</b>          |               |               |
| Unrestricted funds               | <u>46,328</u> | <u>57,876</u> |

### 6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

# UP - THE ADULT CEREBRAL PALSY MOVEMENT

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 5 APRIL 2025

### 7 Employees

The average monthly number of employees during the year was:

|       | 2025<br>Number | 2024<br>Number |
|-------|----------------|----------------|
| Total | -              | -              |

There were no employees whose annual remuneration was more than £60,000.

### 8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

### 9 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

| At 6 April<br>2024<br>£ | Incoming<br>resources<br>£ | At 5 April<br>2025<br>£ |
|-------------------------|----------------------------|-------------------------|
| -                       | 20,000                     | 20,000                  |

### 10 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

|                       | At 6 April<br>2024<br>£          | Incoming<br>resources<br>£          | Resources<br>expended<br>£          | At 5 April<br>2025<br>£          |
|-----------------------|----------------------------------|-------------------------------------|-------------------------------------|----------------------------------|
| General funds         | 7,479                            | 48,395                              | (49,719)                            | 6,155                            |
| <b>Previous year:</b> | <b>At 6 April<br/>2023<br/>£</b> | <b>Incoming<br/>resources<br/>£</b> | <b>Resources<br/>expended<br/>£</b> | <b>At 5 April<br/>2024<br/>£</b> |
| General funds         | 11,551                           | 53,804                              | (57,876)                            | 7,479                            |

## UP - THE ADULT CEREBRAL PALSY MOVEMENT

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2025

#### 11 Analysis of net assets between funds

|                              | Unrestricted<br>funds<br>2025<br>£ | Restricted<br>funds<br>2025<br>£ | Total<br>2025<br>£ |
|------------------------------|------------------------------------|----------------------------------|--------------------|
| <b>At 5 April 2025:</b>      |                                    |                                  |                    |
| Current assets/(liabilities) | 6,155                              | 20,000                           | 26,155             |
|                              | <u>6,155</u>                       | <u>20,000</u>                    | <u>26,155</u>      |
|                              | <u>6,155</u>                       | <u>20,000</u>                    | <u>26,155</u>      |
|                              |                                    |                                  |                    |
|                              | Unrestricted<br>funds<br>2024<br>£ | Restricted<br>funds<br>2024<br>£ | Total<br>2024<br>£ |
| <b>At 5 April 2024:</b>      |                                    |                                  |                    |
| Current assets/(liabilities) | 7,479                              | -                                | 7,479              |
|                              | <u>7,479</u>                       | <u>-</u>                         | <u>7,479</u>       |
|                              | <u>7,479</u>                       | <u>-</u>                         | <u>7,479</u>       |

#### 12 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

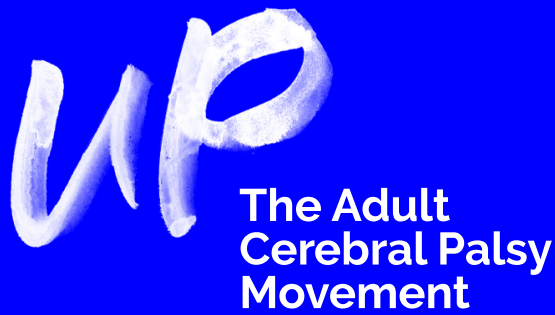
**UP - The Adult Cerebral Palsy Movement**

England & Wales - Charity number 1179458

---

# Accounts

---



# **UP – The Adult Cerebral Palsy Movement**

**Charity Number: 1179458**

## **Trustees' Annual Report & Financial Statements for the Period 7 April 2023 to 6 April 2024**

January 2025

# UP - The Adult Cerebral Palsy Movement

## Trustees' Annual Report & Financial Statements for the Financial Period from 07-Apr-2023 to 06-Apr-2024

### Reference & Administration Details

#### Charity Details:

|                            |                                                                                |
|----------------------------|--------------------------------------------------------------------------------|
| <b>Name:</b>               | <b>UP – The Adult Cerebral Palsy Movement</b>                                  |
| <b>Charity Number:</b>     | <b>1179458</b>                                                                 |
| <b>Company Number:</b>     | <b>CE014808</b>                                                                |
| <b>Registered Address:</b> | <b>Taylor Associates, Gallery Court, 28 Arcadia Avenue,<br/>London, N3 2FG</b> |
| <b>e-mail:</b>             | <b>hello@upmovement.org.uk</b>                                                 |
| <b>website:</b>            | <b><a href="https://upmovement.org.uk/">https://upmovement.org.uk/</a></b>     |

#### Names of the Charity Trustees

Emma Livingstone, appointed 6<sup>th</sup> August 2018  
Derek Livingstone, appointed 6<sup>th</sup> August 2018  
Miriam Creeger, appointed 6<sup>th</sup> August 2018  
Stephen Jacobs OBE, appointed 1<sup>st</sup> October 2020  
Natalie South-Law, appointed 1<sup>st</sup> October 2020, resigned 12<sup>th</sup> September 2024  
Dr Valerie Stevenson, appointed 1<sup>st</sup> October 2020  
Dr Jennifer Ryan, appointed 21<sup>st</sup> December 2020  
Prof Siva Nair, appointed 1<sup>st</sup> August 2024

#### Independent Examiner

Peter Taylor, Taylor Associates, Gallery Court, 28 Arcadia Avenue, London, N3 2FG

#### Bankers

Metro Bank PLC, One Southampton Row, London WC1B 5HA

## Structure, Governance & Management

### **Type of Governing Document:**

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity. Registered 06 Aug 2018

### **How the Charity is Constituted:**

Charitable Incorporated Organisation

### **Trustee Selection Methods:**

There must be at least three charity trustees. The maximum number of trustees is 12. In accordance with the Constitution, apart from the first charity trustees, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

## Charitable Objects

The objects of the CIO are:

- to promote and protect the physical and mental health of adult sufferers of cerebral palsy through the provision of assistance, support, education and practical advice;
- to advance the education of the general public, relevant medical and educational professionals and related and relevant disciplines in all areas relating to cerebral palsy by working with medical and research communities to promote best practice in the treatment, care, education and support of adults with cerebral palsy;
- to encourage adults affected by cerebral palsy to attain their full life potential as members of society by improving their conditions of life;
- to promote research into cerebral palsy in adults and allied conditions and to promote the publication of the results; and
- to promote any other charitable purpose for the benefit of adults with cerebral palsy and / or their families, dependents, friends and carers and other persons affected by cerebral palsy, in each case for the public benefit.

## Activities

### Statutory Declaration on Public Benefit

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The activities we carry out to further our charitable objects (purposes) are for the public benefit.

UP – the Adult Cerebral Palsy Movement is the charity for Adults with Cerebral Palsy, informing, educating, and supporting them to live their best lives.

Cerebral Palsy is a lifelong condition that affects 130,000 adults in the UK. It is a condition which develops associated co-morbidities during adulthood and demands a specialist care pathway to achieve positive and long-lasting results. However, co-ordinated and specialist services do not universally exist today for adults with Cerebral Palsy, unlike most other neurological conditions.

After the age of the 18 adults with CP report feeling a “cliff edge loss of support” and the journey to services is problematic and feels like being “lost at sea”.

We believe no adult should be told “their CP is getting worse.” Rather, they are entitled to knowledge about the process of ageing with CP as well as coordinated care that improves wellness, participation, and quality of life.

We aim to provide adults with the help and information on how to better manage their condition and campaign for improved services.

### We aim to:

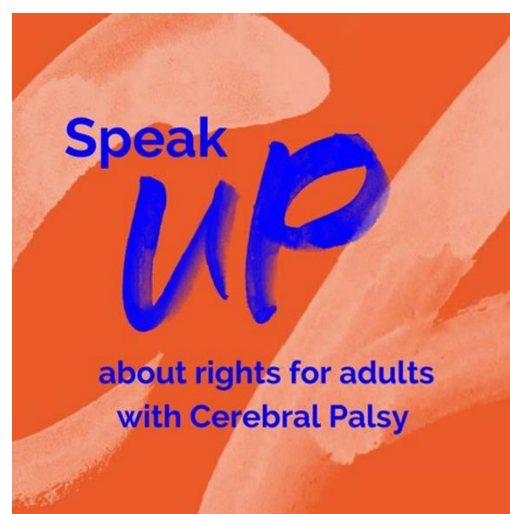
#### Raise awareness

- among adults with Cerebral Palsy, and their families, about the options they have, and what we all need to do to get the support we need to live our best lives.
- among politicians and policy-makers about the injustices that people with Cerebral Palsy face, and what they can do about it.
- among the general public, about what life is like for people with Cerebral Palsy, and how they can help.

**Educate** the medical profession so they can give informed advice, and also be aware of where they can draw on additional resources of information.

**Build community** so that we adults with Cerebral Palsy can support each other, learn from each other, gain hope from each other, and add strength to each other so that our voices are heard.

**Campaign** to bring real force to the arguments we make, and to insist on change. We are no longer going to take no for an answer.



## Achievements & Performance

Much progress was made in advancing the aims of the charity during the year.

### Campaigning

We continue to campaign for the services that the adult Cerebral Palsy community need and deserve but which fall unacceptably way short of those recommended in the NICE Guidelines.

We launched our [The Cerebral Palsy Charter](#) to help move Cerebral Palsy up the political agenda. We have assembled a coalition of disability charities and clinicians, calling on the Government and all political parties to recognise cerebral palsy as a lifelong condition. We are also asking for a pledge to ensure all adults with cerebral palsy get enhanced health and social care support, including an annual medical review.

## THE UK'S 130,000 ADULTS WITH CEREBRAL PALSY ARE INVISIBLE TO THE NHS

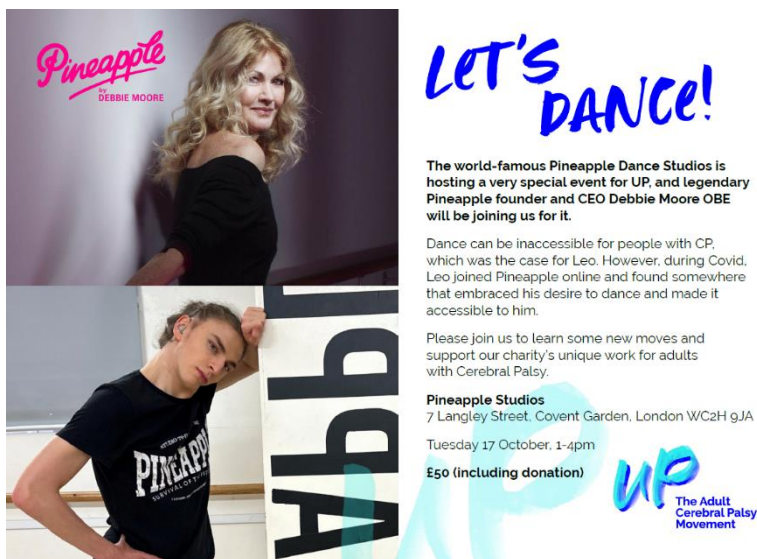
### Recognising Cerebral Palsy as a lifelong condition and therefore...

1. Enabling access to the framework used by GPs to identify individuals with long term conditions, and offering annual medical reviews.
2. Implementing systematic reviews leading to specialist neuro rehabilitation pathways for health interventions and for accessing and staying in work.
3. Funding dedicated key professionals to advocate, coordinate and support individuals with CP to live and age well.
4. Investing in recruitment and training to increase specialist knowledge of Cerebral Palsy across health and social care.

In February 2024, we took a major step towards developing an action plan for improving care for adults with cerebral palsy across London with a meeting chaired by the Regional Medical Director for NHS London. Attendees included representatives from all five ICBs in London and representatives of NHS England, London Rehabilitation Medicine and The Royal Society of Speech and Language Therapists. We continue to actively support this initiative.

For World CP Day in October 2023, we partnered with the world-famous [Pineapple Dance Studios](#) in London for a unique afternoon of dance, led by Pineapple's founder and CEO, Debbie Moore OBE and member of our community Leo. We had 50 people with Cerebral Palsy in the studio and many more online, having a wonderful experience.

Too often, dance can be inaccessible for people with CP, which was the case for Leo. Thankfully, At Pineapple, Leo found somewhere that embraced his desire to dance and made it accessible to him. Pineapple welcomed Leo to their online dance classes during lockdown and continue to adapt and integrate Leo into their classes. Debbie and all at Pineapple understand the power of movement on our mind, body and soul and that it should be accessible for all.



**LET'S DANCE!**

The world-famous Pineapple Dance Studios is hosting a very special event for UP, and legendary Pineapple founder and CEO Debbie Moore OBE will be joining us for it.

Dance can be inaccessible for people with CP, which was the case for Leo. However, during Covid, Leo joined Pineapple online and found somewhere that embraced his desire to dance and made it accessible to him.

Please join us to learn some new moves and support our charity's unique work for adults with Cerebral Palsy.

**Pineapple Studios**  
7 Langley Street, Covent Garden, London WC2H 9JA  
Tuesday 17 October, 1-4pm  
£50 (including donation)

**UP**  
The Adult Cerebral Palsy Movement

Leo's story is a testament to the power of opportunity and the importance of accessible healthcare provisions for all. When we give people with CP the support they need, they can achieve anything they set their minds to.

That's why UP is calling on the government and the NHS to do more to support adults with CP. Specifically, that they acknowledge that CP is a lifelong condition and as such offer the annual reviews and pathways of care we know are needed.

## The Adult Cerebral Palsy Working Group

We established a working Group of clinicians, NHS representatives, MPs and other CP charities to progress the recommendations pertaining to adults of the All Party Parliamentary Group on Cerebral Palsy in late 2022. The Working Group meets four times year and enables the charity to ensure that its plans for enhancing the health and social care support for adults with Cerebral Palsy are always guided by expert advisers.

## Educating and Supporting professionals

We've initiated practical interventions like GP training programs and web-based tools to improve healthcare access and empower individuals with CP. In January 2024, we launched our new web-based tool for GPs which enables them to find their local Community Neuro Team, to whom they can refer patients with Cerebral Palsy in need of specialist support.

Our co-founder, Emma, has emerged as a prominent voice on the issues faced by adults with CP, in the UK and internationally, advocating for policy changes and representing the disability community. Emma was the keynote speaker at the European Academy of Childhood Diseases in Slovenia in May 2023. She was also invited to give the keynote speech in Norway at a conference held to launch their CP guidelines in March 2024. Emma was also invited to Downing Street to participate in a roundtable on Menopause in the Workplace, chaired by Mims Davies, the then Minister of State for Disabled People, Health and Work and Helen Tomlinson, the Government's Menopause Employment Champion.

### Support Well

## Find Your Community Neuro Team

This is a tool for doctors to be able to look up the details of the relevant Community Health Team for their patient with Cerebral Palsy, and then to make a referral. Patients may wish to direct their GP to this page.

The charity continues to actively support the research community to increase the knowledgebase around Cerebral Palsy. In 2023, Emma was a co-author of a research paper in the Journal of Developmental Medicine & Child Neurology titled "Prevalence and incidence of chronic conditions among adults with cerebral palsy: A systematic review and meta-analysis".

## Educating and supporting the community

Our weekly community support programme, **'Midweek Matters'** continues to flourish and deliver on our goals to **educate, support and connect** with the CP community. Every Wednesday, between 6.30pm and 8pm we meet on Zoom to explore topics that matter to the community. We have had over 40 sessions this year and been able to connect with other organisations and many external speakers with Cerebral Palsy. Every month we cover a different topic, supported by inspirational speakers and experts from all walks of life. We have covered diverse range of topics including "Pain Management", Women's Health", "Cooking", "Self-Love", "Mindfulness" & "Employment".

## Midweek Matters – #lifelong



## Midweek Matters – Cooking Up a Storm



At the end of each month, we summarise the information and resources discussed during the programme and make them available on our website as a reference for the community, making our [website the most authoritative source of information for adults with CP](#).

The response from the community to Midweek Matters has been highly positive, with over 600 attendees during the year.

## **Financial Review**

### **Principal Sources of Funding and Outgoings**

The principal source of funding has been public donations.

Gift Aid is reclaimed on donations where the donor indicates that is their wish.

### **Statement of the Charity's Policy on Reserves**

The Reserves at present are sufficient to support ongoing expenditure of the charity.

### **Details of Any Funds Materially in Deficit**

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets & liabilities.

### **Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

### **State of the Charity's Finances**

The charity's current resources are sufficient to meet its outgoings for at least next year. All the indications are that this will remain the case for the foreseeable future.

### **Particulars of Any Outstanding Guarantee Given by the Charity**

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets & liabilities.

### **Particulars of Any Outstanding Debt**

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

### **Statutory Statements on Liabilities**

The Trustees declare that:

- The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (eg: any outstanding/ongoing contract or legal undertaking to buy or provide specific services)
- The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (eg: a mortgage on property owned by the charity)

# Independent Examiner's Report to the Trustees on the Accounts

I report to the trustees on my examination of the accounts of UP – The Adult Cerebral Palsy Movement ("the Charity") for the year ended 06 April 2024.

## Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity'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.

## Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all of the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

## Independent examiner's statement

I confirm I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts did not accord with the accounting records; or
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 in order to enable a proper understanding of the accounts to be reached.

Signed

Full name        Peter Taylor FCA FCCA  
Address:        Taylor Associates LLP  
                      Gallery Court, 28 Arcadia Avenue, London, N3 2FG

Date              22<sup>nd</sup> January 2025

# Statement of Financial Activity

Receipts and payments accounts for the period 7<sup>th</sup> April 2023 to 6<sup>th</sup> April 2024

| Section A Receipts and payments                       |                                           |                                      |                                     |                                 |                               |
|-------------------------------------------------------|-------------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
|                                                       | Unrestricted funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
| <b>A1 Receipts</b>                                    |                                           |                                      |                                     |                                 |                               |
| Donation                                              | 45,371                                    | -                                    | -                                   | 45,371                          | 43,675                        |
| Sponsorship                                           | -                                         | -                                    | -                                   | -                               | -                             |
| Event Income                                          | 19                                        | -                                    | -                                   | 19                              | -                             |
| Gift Aid                                              | 252                                       | -                                    | -                                   | 252                             | 1,257                         |
| Other Income                                          | 8,057                                     | -                                    | -                                   | 8,057                           | 128                           |
| <b>Sub total (Gross income for AR)</b>                | <b>53,698</b>                             | <b>-</b>                             | <b>-</b>                            | <b>53,698</b>                   | <b>45,060</b>                 |
| <b>A2 Asset and investment sales, (see table).</b>    |                                           |                                      |                                     |                                 |                               |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>53,698</b>                             | <b>-</b>                             | <b>-</b>                            | <b>53,698</b>                   | <b>45,060</b>                 |
| <b>A3 Payments</b>                                    |                                           |                                      |                                     |                                 |                               |
| Event Costs                                           | 13,352                                    | -                                    | -                                   | 13,352                          | 2,522                         |
| Design & Printing                                     | 1,126                                     | -                                    | -                                   | 1,126                           | 1,395                         |
| Promotion                                             | -                                         | -                                    | -                                   | -                               | -                             |
| IT Spend                                              | 414                                       | -                                    | -                                   | 414                             | 372                           |
| Professional Services                                 | 42,679                                    | -                                    | -                                   | 42,679                          | 39,522                        |
| Other Expense                                         | 199                                       | -                                    | -                                   | 199                             | 2,788                         |
| <b>Sub total</b>                                      | <b>57,770</b>                             | <b>-</b>                             | <b>-</b>                            | <b>57,770</b>                   | <b>46,600</b>                 |
| <b>A4 Asset and investment purchases, (see table)</b> |                                           |                                      |                                     |                                 |                               |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>                                 | <b>57,770</b>                             | <b>-</b>                             | <b>-</b>                            | <b>57,770</b>                   | <b>46,600</b>                 |
| <b>Net of receipts/(payments)</b>                     | <b>- 4,072</b>                            | <b>-</b>                             | <b>-</b>                            | <b>- 4,072</b>                  | <b>- 1,540</b>                |
| <b>A5 Transfers between funds</b>                     | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>A6 Cash funds last year end</b>                    | <b>11,551</b>                             | <b>-</b>                             | <b>-</b>                            | <b>11,551</b>                   | <b>-</b>                      |
| <b>Cash funds this year end</b>                       | <b>7,479</b>                              | <b>-</b>                             | <b>-</b>                            | <b>7,479</b>                    | <b>11,551</b>                 |

## Section B Statement of assets and liabilities at the end of the period

| Categories                                   | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|----------------------------------------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds                                | Bank                    | 7,479                              | -                                | -                               |
|                                              |                         | -                                  | -                                | -                               |
|                                              |                         | -                                  | -                                | -                               |
|                                              | <b>Total cash funds</b> | <b>7,479</b>                       | <b>-</b>                         | <b>-</b>                        |
|                                              | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
| B2 Other monetary assets                     |                         | -                                  | -                                | -                               |
|                                              |                         | -                                  | -                                | -                               |
|                                              |                         | -                                  | -                                | -                               |
|                                              |                         | -                                  | -                                | -                               |
|                                              | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| B3 Investment assets                         |                         |                                    | -                                | -                               |
|                                              |                         |                                    | -                                | -                               |
|                                              |                         |                                    | -                                | -                               |
|                                              |                         |                                    | -                                | -                               |
|                                              | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| B4 Assets retained for the charity's own use |                         |                                    | -                                | -                               |
|                                              |                         |                                    | -                                | -                               |
|                                              |                         |                                    | -                                | -                               |
|                                              |                         |                                    | -                                | -                               |
|                                              | Details                 | Fund to which liability relates    | Amount due (optional)            | When due (optional)             |
| B5 Liabilities                               |                         |                                    | -                                |                                 |
|                                              |                         |                                    | -                                |                                 |
|                                              |                         |                                    | -                                |                                 |
|                                              |                         |                                    | -                                |                                 |

## Declaration

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the charity's trustees

Signature

A handwritten signature in black ink, appearing to read 'D. Livingstone', with a stylized, cursive script.

Full name

Derek Livingstone

Date

27<sup>th</sup> January 2025

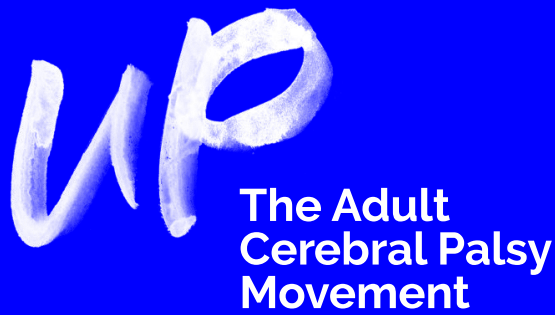
**UP - The Adult Cerebral Palsy Movement**

England & Wales - Charity number 1179458

---

# Accounts

---



# **UP – The Adult Cerebral Palsy Movement**

**Charity Number: 1179458**

## **Trustees' Annual Report & Financial Statements for the Period 7 April 2022 to 6 April 2023**

January 2024

# UP - The Adult Cerebral Palsy Movement

## Trustees' Annual Report & Financial Statements for the Financial Period from 07-Apr-2022 to 06-Apr-2023

### Reference & Administration Details

#### Charity Details:

**Name:** UP – The Adult Cerebral Palsy Movement

**Charity Number:** 1179458

**Company Number:** CE014808

**Registered Address:** Taylor Associates, Gallery Court, 28 Arcadia Avenue,  
London, N3 2FG

**e-mail:** hello@upmovement.org.uk

**website:** <https://upmovement.org.uk/>

#### Names of the Charity Trustees

Emma Livingstone, appointed 6<sup>th</sup> August 2018

Derek Livingstone, appointed 6<sup>th</sup> August 2018

Miriam Creeger, appointed 6<sup>th</sup> August 2018

Stephen Jacobs OBE, appointed 1<sup>st</sup> October 2020

Natalie South-Law, appointed 1<sup>st</sup> October 2020

Dr Valerie Stevenson, appointed 1<sup>st</sup> October 2020

Dr Jennifer Ryan, appointed 21<sup>st</sup> December 2020

#### Independent Examiner

Peter Taylor, Taylor Associates, Gallery Court, 28 Arcadia Avenue, London, N3 2FG

#### Bankers

Metro Bank PLC, One Southampton Row, London WC1B 5HA

## Structure, Governance & Management

### **Type of Governing Document:**

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity. Registered 06 Aug 2018

### **How the Charity is Constituted:**

Charitable Incorporated Organisation

### **Trustee Selection Methods:**

There must be at least three charity trustees. The maximum number of trustees is 12. In accordance with the Constitution, apart from the first charity trustees, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

## Charitable Objects

The objects of the CIO are:

- to promote and protect the physical and mental health of adult sufferers of cerebral palsy through the provision of assistance, support, education and practical advice;
- to advance the education of the general public, relevant medical and educational professionals and related and relevant disciplines in all areas relating to cerebral palsy by working with medical and research communities to promote best practice in the treatment, care, education and support of adults with cerebral palsy;
- to encourage adults affected by cerebral palsy to attain their full life potential as members of society by improving their conditions of life;
- to promote research into cerebral palsy in adults and allied conditions and to promote the publication of the results; and
- to promote any other charitable purpose for the benefit of adults with cerebral palsy and / or their families, dependents, friends and carers and other persons affected by cerebral palsy, in each case for the public benefit.

## Activities

### Statutory Declaration on Public Benefit

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The activities we carry out to further our charitable objects (purposes) are for the public benefit.

UP – the Adult Cerebral Palsy Movement is the charity for Adults with Cerebral Palsy, informing, educating, and supporting them to live their best lives.

Cerebral Palsy is a lifelong condition that affects 130,000 adults in the UK. It is a condition which develops associated co-morbidities during adulthood and demands a specialist care pathway to achieve positive and long-lasting results. However, co-ordinated and specialist services do not universally exist today for adults with Cerebral Palsy, unlike most other neurological conditions.

After the age of the 18 adults with CP report feeling a “cliff edge loss of support” and the journey to services is problematic and feels like being “lost at sea”.

We believe no adult should be told “their CP is getting worse.” Rather, they are entitled to knowledge about the process of ageing with CP as well as coordinated care that improves wellness, participation, and quality of life.

We aim to provide adults with the help and information on how to better manage their condition and campaign for improved services.

### We aim to:

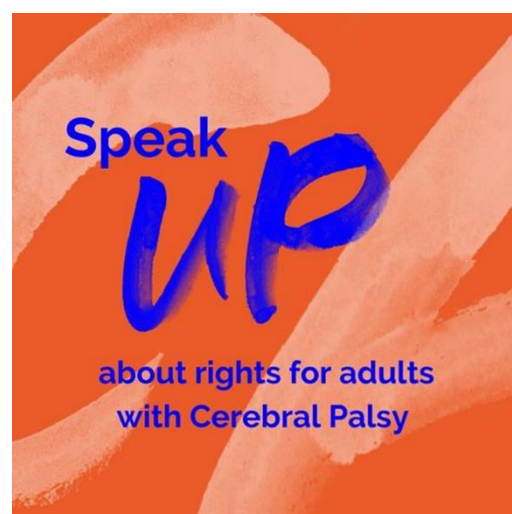
#### Raise awareness

- among adults with Cerebral Palsy, and their families, about the options they have, and what we all need to do to get the support we need to live our best lives.
- among politicians and policy-makers about the injustices that people with Cerebral Palsy face, and what they can do about it.
- among the general public, about what life is like for people with Cerebral Palsy, and how they can help.

**Educate** the medical profession so they can give informed advice, and also be aware of where they can draw on additional resources of information.

**Build community** so that we adults with Cerebral Palsy can support each other, learn from each other, gain hope from each other, and add strength to each other so that our voices are heard.

**Campaign** to bring real force to the arguments we make, and to insist on change. We are no longer going to take no for an answer.



## Achievements & Performance

Much progress was made in advancing the aims of the charity during the year.

### Campaigning

We continue to campaign for the services that the adult Cerebral Palsy community need and deserve but which fall unacceptably way short of those recommended in the NICE Guidelines.



On October 6th, World CP Day, we launched our **42p campaign**, calling on the Government to provide proper healthcare for adults with CP. We sent a card with 42p stuck on it, to all 650 Members of Parliament to push for each of the UK's 130,000 adults with CP to receive the minimum care required and highlighting the inequalities the community face and the compelling economic and moral case to address this.

With the publication of NICE Guidelines in 2019, as well as the 2023 report from the All-Party Parliamentary Group (APPG) on Cerebral Palsy, commissioned by the charity, there is a now clarity on the minimum requirements for proper coordinated healthcare for adults with cerebral palsy. The headline changes are:

- the creation of a specialist multi-disciplinary clinic for adults with Cerebral Palsy.
- the opportunity for all adults to have an annual review; and
- the requirement for a named health professional to be responsible for a clear and detailed care pathway for adults with Cerebral Palsy in each health authority.

Right now, none of this happens as care drops off a cliff face for people with CP when they turn 18.

It costs the NHS far more to neglect this preventive treatment, and these efficient care pathways. The result of that neglect is that degeneration is accelerated, causing untold, unnecessary, pain and suffering, and landing each individual on the NHS at a point when they need much more expensive treatment.

Investing in specialist support services will reduce demand on these expensive "downstream" health and care services, and by supporting people with cerebral palsy into education and employment, the payback in wider economic benefits to the country will easily offset the costs of investment.

Through our Health Economic Study, we estimate that investing in specialist CP services would cost only an estimated £20m per annum. Using the Government's 1 to 4 ratio of

investment to economic benefit, this could be achieved if only 4,000 or 3% of the adult population are helped to gain or stay in employment. However, we think in reality, this could benefit over 20,000 adults to enter or stay in employment, providing a gross economic benefit to the economy of £422m.

That £20m amounts to 42p a day for each of the 130,000 adults with CP in the UK. 42p is the difference between a life of pain and discomfort and disability, rather than a life of physical and mental wellbeing. 42p is the difference between a life of frustration living on benefits, instead of having a productive life in work.

Emma took the message to the House of Lords in November 2022 where she was invited to speak at an event hosted by the Lord Speaker, Baron McFall of Alcluith.

And in March 2023, we sent the same card to more than 800 members of the House of Lords, again highlighting that for just 42p for every adult with CP in the UK, we could achieve proper health provision for our community.

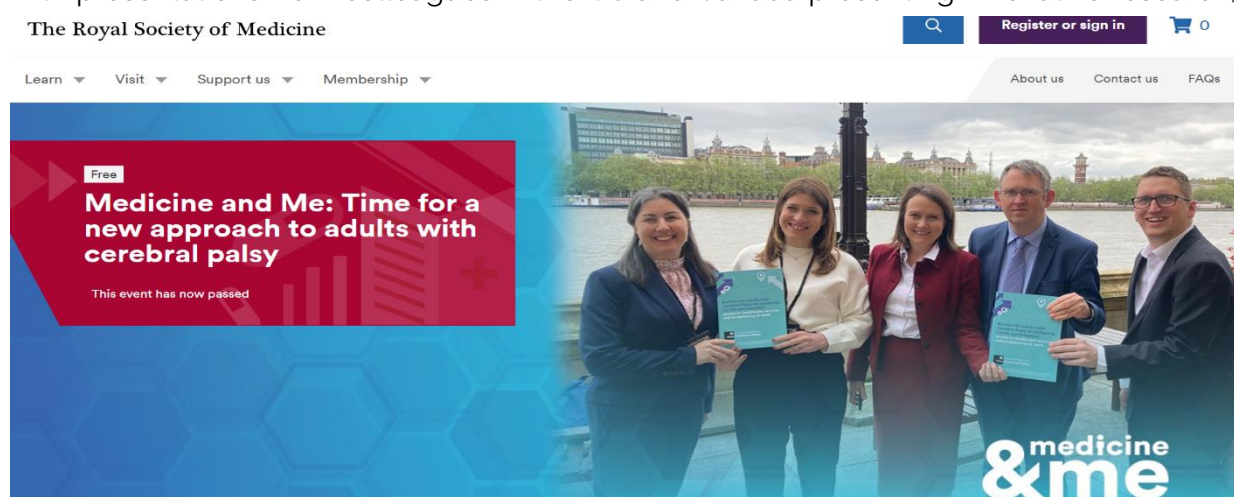


## Launch of Working Group

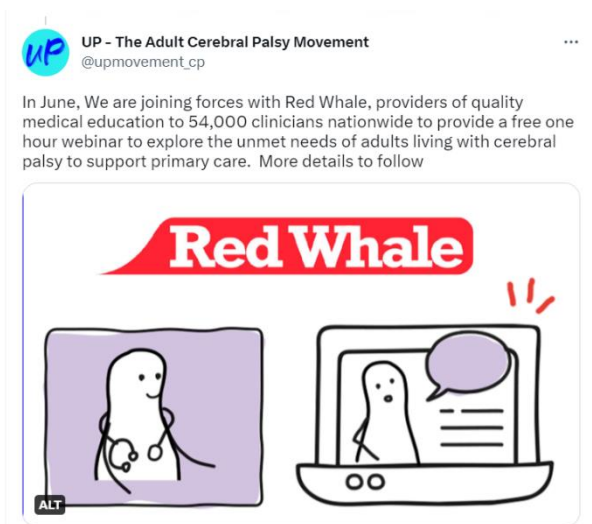
We established a working Group of clinicians, NHS representatives, MPs and other CP charities to progress the recommendations pertaining to adults of the All Party Parliamentary Group on Cerebral Palsy. The inaugural meeting was held in November 2022 and has continued to meet and push for change throughout 2023.

## Educating professionals

In July 2022, we held a ground-breaking conference at the [Royal Society of Medicine](#), "Time for a new approach to adults with cerebral palsy". The event had over 250 participants including leading experts from around the world, politicians, representatives from NHS England and adults living with CP. In this unique event the community and clinicians shared an equal platform, the focus was very much looking towards solutions for our community, with presentations from colleagues in the US and Canada presenting innovative research,



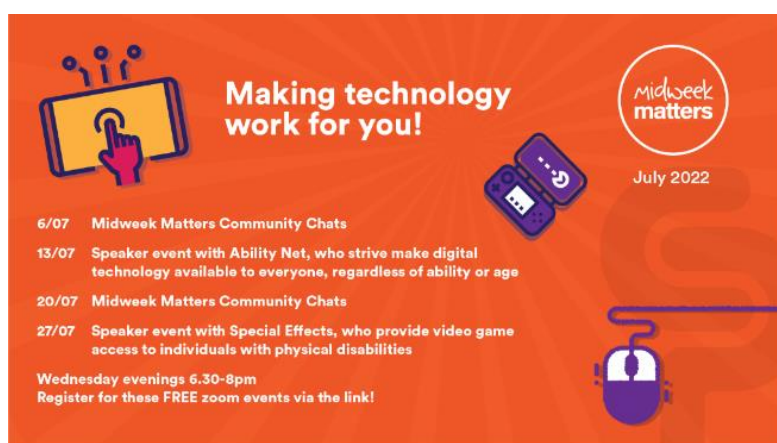
powerful exemplars of good practice from Sweden and clinicians from here in the UK who are trying to change things from the ground up.



This year we also teamed up with Red Whale, the leading education provider for primary care, to facilitate a free one-hour webinar, aimed at GPs, exploring the unmet health needs of adults living with cerebral palsy. This is vital as co-ordinated services stop on transition to adulthood and the responsibility for managing care falls to the GP, whose knowledge and resources are sadly insufficient. This is a significant step in facilitating the realisation of the All Party Parliamentary Group on CP recommendations around medical training, education and the knowledge to support their patient's better.

## Educating and supporting the community

Our weekly community support programme, **'Midweek Matters'** continues to flourish and deliver on our goals to [educate](#), [support](#) and [connect](#) with the CP community. Every Wednesday, between 6.30pm and 8pm we meet on Zoom to explore topics that matter to the community. We have had over 40 sessions this year and been able to connect with other organisations and many external speakers with Cerebral Palsy. Every month we cover a different topic, supported by inspirational speakers and experts from all walks of life. We have covered diverse range of topics including "Parenting", "Independent Living", "Work", "Advocacy", "Poetry", "Accessible Fashion",



"Technology" & "Supporting Positive Mental Health".

The response from the community to Midweek Matters has been highly positive, with over 600 attendees during the year.

## **Financial Review**

### **Principal Sources of Funding and Outgoings**

The principal source of funding has been public donations.

Gift Aid is reclaimed on donations where the donor indicates that is their wish.

### **Statement of the Charity's Policy on Reserves**

The Reserves at present are sufficient to support ongoing expenditure of the charity.

### **Details of Any Funds Materially in Deficit**

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets & liabilities.

### **Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

### **State of the Charity's Finances**

The charity's current resources are sufficient to meet its outgoings for at least next year. All the indications are that this will remain the case for the foreseeable future.

### **Particulars of Any Outstanding Guarantee Given by the Charity**

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets & liabilities.

### **Particulars of Any Outstanding Debt**

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

### **Statutory Statements on Liabilities**

The Trustees declare that:

- The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (eg: any outstanding/ongoing contract or legal undertaking to buy or provide specific services)
- The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (eg: a mortgage on property owned by the charity)

# Independent Examiner's Report to the Trustees on the Accounts

I report to the trustees on my examination of the accounts of UP – The Adult Cerebral Palsy Movement ("the Charity") for the year ended 06 April 2023.

## Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity'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.

## Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all of the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

## Independent examiner's statement

I confirm I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts did not accord with the accounting records; or
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 in order to enable a proper understanding of the accounts to be reached.

Signed

Full name        Peter Taylor FCA FCCA  
Address:        Taylor Associates LLP  
                      Gallery Court, 28 Arcadia Avenue, London, N3 2FG

Date                19 January 2024

# Statement of Financial Activity

Receipts and payments accounts for the period 7<sup>th</sup> April 2022 to 6<sup>th</sup> April 2023

| Section A Receipts and payments                       |                                           |                                      |                                     |                                 |                               |
|-------------------------------------------------------|-------------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
|                                                       | Unrestricted funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
| <b>A1 Receipts</b>                                    |                                           |                                      |                                     |                                 |                               |
| Donation                                              | 43,675                                    | -                                    | -                                   | 43,675                          | 4,239                         |
| Sponsorship                                           | -                                         | -                                    | -                                   | -                               | -                             |
| Event Income                                          | -                                         | -                                    | -                                   | -                               | -                             |
| Gift Aid                                              | 1,257                                     | -                                    | -                                   | 1,257                           | -                             |
| Other Income                                          | 128                                       | -                                    | -                                   | 128                             | 14,692                        |
| <b>Sub total (Gross income for AR)</b>                | <b>45,060</b>                             | <b>-</b>                             | <b>-</b>                            | <b>45,060</b>                   | <b>18,931</b>                 |
| <b>A2 Asset and investment sales, (see table).</b>    |                                           |                                      |                                     |                                 |                               |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>45,060</b>                             | <b>-</b>                             | <b>-</b>                            | <b>45,060</b>                   | <b>18,931</b>                 |
| <b>A3 Payments</b>                                    |                                           |                                      |                                     |                                 |                               |
| Event Costs                                           | 2,522                                     | -                                    | -                                   | 2,522                           | -                             |
| Design & Printing                                     | 1,395                                     | -                                    | -                                   | 1,395                           | 1,146                         |
| Promotion                                             | -                                         | -                                    | -                                   | -                               | 1,986                         |
| IT Spend                                              | 372                                       | -                                    | -                                   | 372                             | 527                           |
| Professional Services                                 | 39,522                                    | -                                    | -                                   | 39,522                          | 6,405                         |
| Other Expense                                         | 2,788                                     | -                                    | -                                   | 2,788                           | 2,228                         |
| <b>Sub total</b>                                      | <b>46,600</b>                             | <b>-</b>                             | <b>-</b>                            | <b>46,600</b>                   | <b>12,293</b>                 |
| <b>A4 Asset and investment purchases, (see table)</b> |                                           |                                      |                                     |                                 |                               |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>                                 | <b>46,600</b>                             | <b>-</b>                             | <b>-</b>                            | <b>46,600</b>                   | <b>12,293</b>                 |
| <b>Net of receipts/(payments)</b>                     | <b>- 1,540</b>                            | <b>-</b>                             | <b>-</b>                            | <b>- 1,540</b>                  | <b>6,638</b>                  |
| <b>A5 Transfers between funds</b>                     | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>A6 Cash funds last year end</b>                    | <b>13,091</b>                             | <b>-</b>                             | <b>-</b>                            | <b>13,091</b>                   | <b>-</b>                      |
| <b>Cash funds this year end</b>                       | <b>11,551</b>                             | <b>-</b>                             | <b>-</b>                            | <b>11,551</b>                   | <b>13,091</b>                 |

## Section B Statement of assets and liabilities at the end of the period

| Categories                                                                                                        | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|-------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds                                                                                                     | Bank                    | 11,551                             | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   | <b>Total cash funds</b> | <b>11,551</b>                      | <b>-</b>                         | <b>-</b>                        |
|                                                                                                                   | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
| B2 Other monetary assets                                                                                          |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| B3 Investment assets                                                                                              |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| B4 Assets retained for the charity's own use                                                                      |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which liability relates    | Amount due (optional)            | When due (optional)             |
| B5 Liabilities                                                                                                    |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
| At the date of this statement of assets and liabilities, no guarantees have been given and no debt is outstanding |                         |                                    |                                  |                                 |

## Declaration

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the charity's trustees

Signature

A handwritten signature in black ink, appearing to read 'D. Livingstone', with a stylized flourish at the end.

Full name

Derek Livingstone

Date

26 January 2024

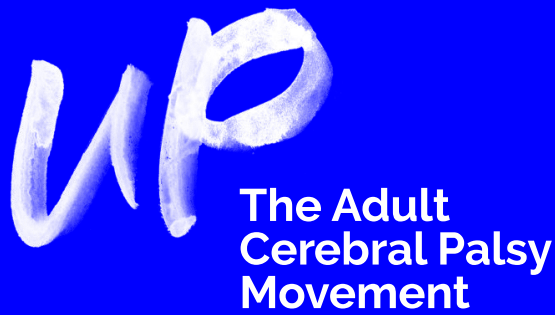
**UP - The Adult Cerebral Palsy Movement**

England & Wales - Charity number 1179458

---

# Accounts

---



# **UP – The Adult Cerebral Palsy Movement**

**A working name for Adult Cerebral Palsy Hub,  
Charity Number: 1179458**

## **Trustees' Annual Report & Financial Statements for the Period 7 April 2021 to 6 April 2022**

January 2023

# UP - The Adult Cerebral Palsy Movement

## Trustees' Annual Report & Financial Statements for the Financial Period from 07-Apr-2021 to 06-Apr-2022

### Reference & Administration Details

#### Charity Details:

|                        |                                                                        |
|------------------------|------------------------------------------------------------------------|
| <b>Name:</b>           | Adult Cerebral Palsy Hub                                               |
| <b>Working Name:</b>   | UP – The Adult Cerebral Palsy Movement                                 |
| <b>Charity Number:</b> | 1179458                                                                |
| <b>Company Number:</b> | CE014808                                                               |
| <b>Address:</b>        | Taylor Associates, Gallery Court, 28 Arcadia Avenue,<br>London, N3 2FG |
| <b>e-mail:</b>         | hello@upmovement.org.uk                                                |
| <b>website:</b>        | <a href="https://upmovement.org.uk/">https://upmovement.org.uk/</a>    |

#### Names of the Charity Trustees

Emma Livingstone, appointed 6<sup>th</sup> August 2018  
Derek Livingstone, appointed 6<sup>th</sup> August 2018  
Miriam Creeger, appointed 6<sup>th</sup> August 2018  
Stephen Jacobs OBE, appointed 1<sup>st</sup> October 2020  
Natalie South, appointed 1<sup>st</sup> October 2020  
Dr Valerie Stevenson, appointed 1<sup>st</sup> October 2020  
Dr Jennifer Ryan, appointed 21<sup>st</sup> December 2020

#### Names & Addresses of Advisors

None

#### Names of Senior Staff with Delegated Responsibilities

None

## Structure, Governance & Management

### **Type of Governing Document:**

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity. Registered 06 Aug 2018

### **How the Charity is Constituted:**

Charitable Incorporated Organisation

### **Trustee Selection Methods:**

There must be at least three charity trustees. The maximum number of trustees is 12. In accordance with the Constitution, apart from the first charity trustees, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

## Charitable Objects

The objects of the CIO are:

- to promote and protect the physical and mental health of adult sufferers of cerebral palsy through the provision of assistance, support, education and practical advice;
- to advance the education of the general public, relevant medical and educational professionals and related and relevant disciplines in all areas relating to cerebral palsy by working with medical and research communities to promote best practice in the treatment, care, education and support of adults with cerebral palsy;
- to encourage adults affected by cerebral palsy to attain their full life potential as members of society by improving their conditions of life;
- to promote research into cerebral palsy in adults and allied conditions and to promote the publication of the results; and
- to promote any other charitable purpose for the benefit of adults with cerebral palsy and / or their families, dependents, friends and carers and other persons affected by cerebral palsy, in each case for the public benefit.

## Activities

### Statutory Declaration on Public Benefit

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The activities we carry out to further our charitable objects (purposes) are for the public benefit.

UP – the Adult Cerebral Palsy Movement is the charity for Adults with Cerebral Palsy, informing, educating, and supporting them to live their best lives.

Cerebral Palsy is a lifelong condition that affects 130,000 adults in the UK. It is a condition which develops associated co-morbidities during adulthood and demands a specialist care pathway to achieve positive and long-lasting results. However, co-ordinated and specialist services do not universally exist today for adults with Cerebral Palsy, unlike most other neurological conditions.

After the age of the 18 adults with CP report feeling a “cliff edge loss of support” and the journey to services is problematic and feels like being “lost at sea”.

We believe no adult should be told “their CP is getting worse.” Rather, they are entitled to knowledge about the process of ageing with CP as well as coordinated care that improves wellness, participation, and quality of life.

We aim to provide adults with the help and information on how to better manage their condition and campaign for improved services.

### We aim to:

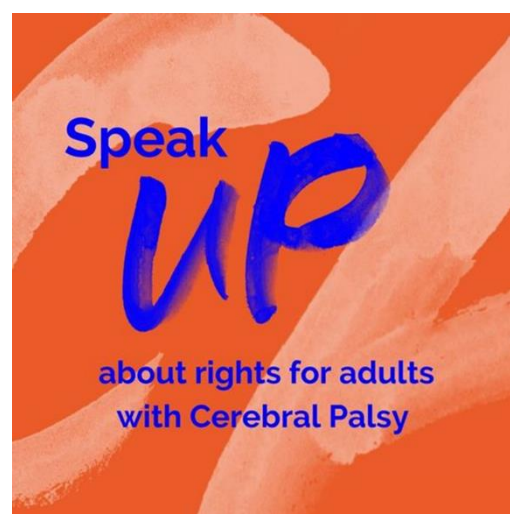
#### Raise awareness

- among adults with Cerebral Palsy, and their families, about the options they have, and what we all need to do to get the support we need to live our best lives.
- among politicians and policy-makers about the injustices that people with Cerebral Palsy face, and what they can do about it.
- among the general public, about what life is like for people with Cerebral Palsy, and how they can help.

**Educate** the medical profession so they can give informed advice, and also be aware of where they can draw on additional resources of information.

**Build community** so that we adults with Cerebral Palsy can support each other, learn from each other, gain hope from each other, and add strength to each other so that our voices are heard.

**Campaign** to bring real force to the arguments we make, and to insist on change. We are no longer going to take no for an answer.



## Achievements & Performance

Despite this year being dominated by the Covid-19 pandemic, much progress was made in advancing the aims of the charity.

### Campaigning

We continue to campaign for the services that the adult Cerebral Palsy community need and deserve but which fall unacceptably way short of those recommended in the NICE Guidelines.

Our campaign for better services for adults with CP is not just based on it being the right thing to do (which it is), but is also based on sound economics. Our economic report, published in 2020, highlights that the lack of support results in worse health outcomes and, lower education and employment participation for individuals and a substantial economic loss to the country. Investing in specialist support services will reduce demand on expensive “downstream” health and care services, and by supporting people with cerebral palsy into education and employment, the payback in wider economic benefits to the country will easily offset the costs of investment.



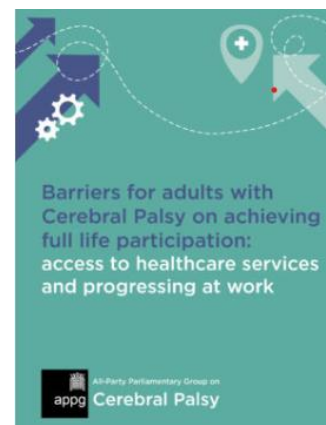
In October 2021, to coincide with World CP Day and ahead of the Paralympics in Japan, we launched our next round of 'Second Class Citizens' stamps for our award winning [#StampOutTheGap](#) campaign. Our campaign aimed to stamp out the gap in healthcare provision for adults with CP vs those with other life-long conditions. Using mock second class stamps featuring six successful Paralympians - athlete Georgina Hermitage, athlete Kare Adenegan, Boccia player David Smith MBE, Boccia player Beth Moulam, swimmer Tully

Kearney and wheelchair basketball player, Siobhan Fitzpatrick, all of whom live with CP - to remind people you shouldn't have to be a world class athlete to have best in class healthcare, whilst continuing to highlight how adults with CP are treated like 'Second Class Citizens'. Our campaign received good coverage across the media in print, radio and pleasingly on Sky News.

During the year we were also delighted to jointly sponsor, in partnership with Scope, two sessions of the All Party Parliamentary Group on Cerebral Palsy. The APPG looked at the health inequalities and the barriers for adults with Cerebral Palsy on achieving full life participation. The volume and passion of expert testimony from clinicians, academic experts, and, crucially members of the adult Cerebral Palsy community sharing their lived experience, demonstrated how pressing the needs of the community are.

Commenting on the launch of their report in March 2022, co-chairs, Mary Kelly Foy MP and Paul Maynard MP said:

*'Cerebral Palsy is a lifelong condition, and we hope that this report emphasises the crucial need to refocus attention on barriers to achieving full life participation for those living with it... we also must not let the pandemic distract from long-standing problems that need to be addressed.'*



The report highlights that the problems faced by the community are multifaceted and that collaboration between health, social care and employment is essential.

Among the recommendations, Parliamentarians called on NHS England, social care, education, and employment specialists to commission dedicated specialist services across the new 42 Integrated Care Systems (ICSs) in England and the devolved governments should put in similar measures in their respective health systems.

Other proposals contained in report include:

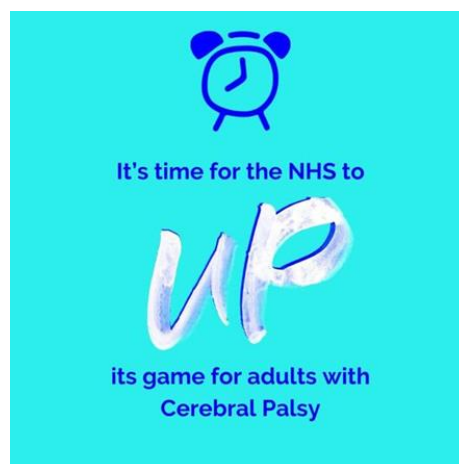
- Guaranteeing adults living with Cerebral Palsy annual medical reviews to better assess their evolving health and care needs.
- Ringfencing funding for the ICSs to develop specialist services.
- Enhancing employment rights for adults with Cerebral Palsy to better reflect the varied, fluctuating, and complex nature of their conditions.
- Creating a new online information hub for employers to better understand the needs of member of the adult Cerebral Palsy community in their workforces.

We see this All-Party Parliamentary Group report as a watershed moment, recording the range of challenges faced by adults with CP and, importantly, setting out an agenda for removing these. However, we do not want this to be yet another report that sits on the shelf and gathers dust.

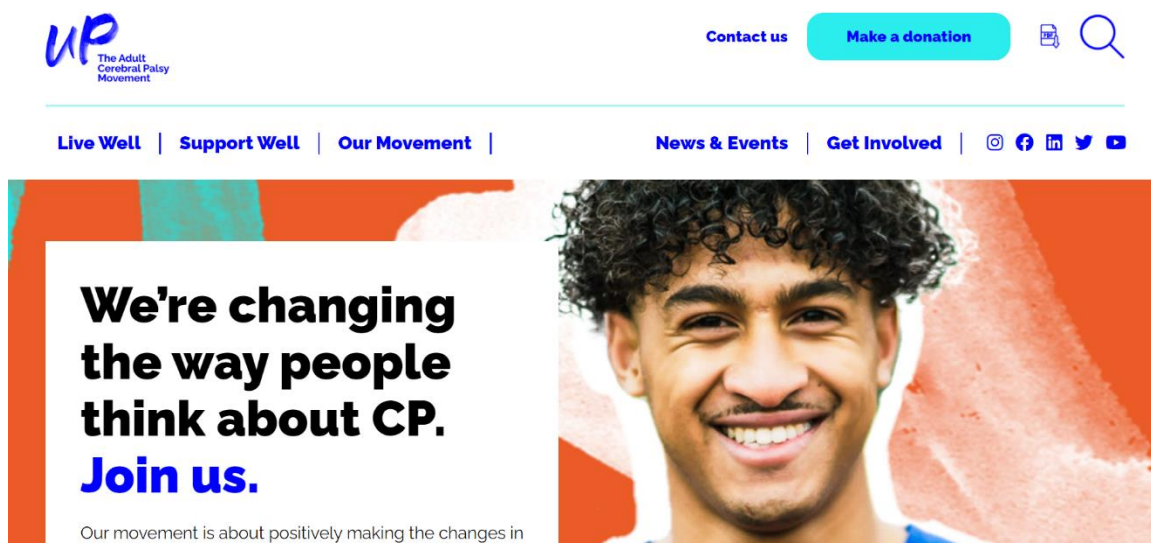
For us this is a clear mandate for change.

We know what needs to happen. Now we have to make it happen.

To do this, we realise that we need a louder, stronger, more forceful voice to get the healthcare we need and deserve. And we need to be a larger, more engaged community to give each other the support we need to live our best lives. So, in July 2022, we were delighted to change our name to **UP – The Adult Cerebral Palsy Movement** to better reflect our aims to be a movement for change.



So today, as **UP – The Adult Cerebral Palsy Movement**, we are continuing to build our community so that adults with CP can support each other, learn from each other, gain hope from each other, and add strength to each other so that our voices are heard.



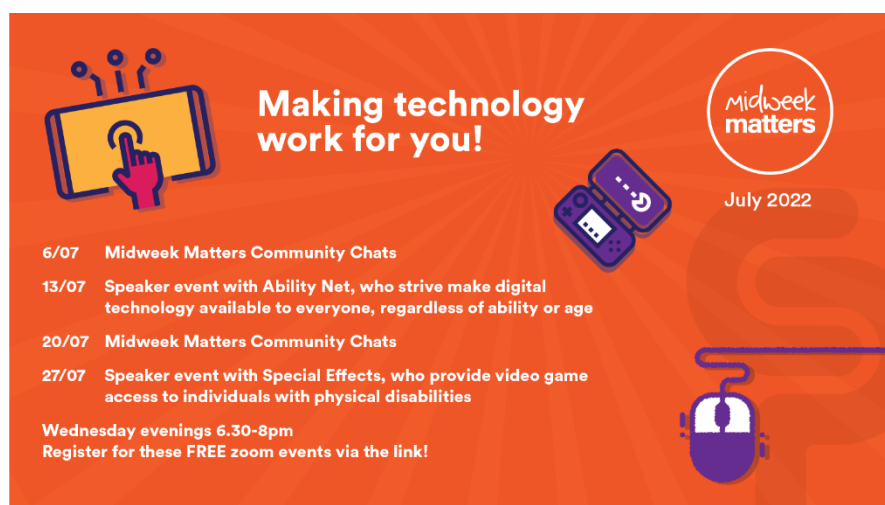
And together with the wider community alongside us, we will campaign to bring real force to the arguments we make, and to insist on change. We are no longer going to take no for an answer.

**We are demanding the change that adults with CP need and deserve. To live their best life.**

## **Educating and supporting the community**

Staying as active as possible is one of the best ways for adults with CP to stay healthy and maintain their skills. In April 2021, we ran "Spring into Action", in partnership with CP Sport, to continue to encourage our community to get moving. This 12-week programme was developed to support the community to become more active and recover from de-conditioning caused by lockdown. The 15 participants were provided with expert guidance and support from neuro-physiotherapists, CP sports coaches and CP mentors and fully supported with weekly virtual meet-ups and an programme of motivational speakers.

In January 2022, we launched our new weekly community support programme, '**Midweek Matters**'. For the prior 18 months we hosted twice weekly zoom chats to support the community throughout the pandemic. In response to what we learnt and to answer the questions that interest the community most; we launched this new programme to **educate, support and connect** with the CP community. Every Wednesday, between 6.30pm and 8pm we meet on Zoom to explore topics that matter to the community. We have had 48 sessions and been able to connect with 16 other organisations and 14 speakers with Cerebral Palsy. Every month we cover a different topic, supported by inspirational speakers and experts from all walks of life. We have covered diverse range of topics including "Relationships, Sexuality, Desirability and Disability", "Travel", "Fitness for All", "Parenting", "Accessible Fashion", "Technology" & "Supporting Positive Mental Health". The response from the community to Midweek Matters has been really positive, with over 600 attendees over the year.



## **Financial Review**

### **Principal Sources of Funding and Outgoings**

The principal source of funding has been public donations.

Gift Aid is reclaimed on donations where the donor indicates that is their wish.

### **Statement of the Charity's Policy on Reserves**

The Reserves at present are sufficient to support ongoing expenditure of the charity.

### **Details of Any Funds Materially in Deficit**

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets & liabilities.

### **Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

### **State of the Charity's Finances**

The charity's current resources are sufficient to meet its outgoings for at least next year. All the indications are that this will remain the case for the foreseeable future.

### **Particulars of Any Outstanding Guarantee Given by the Charity**

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets & liabilities.

### **Particulars of Any Outstanding Debt**

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

### **Statutory Statements on Liabilities**

The Trustees declare that:

- The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (eg: any outstanding/ongoing contract or legal undertaking to buy or provide specific services)
- The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (eg: a mortgage on property owned by the charity)

# Statement of Financial Activity

Receipts and payments accounts for the period 7<sup>th</sup> April 2021 to 6<sup>th</sup> April 2022

| Section A Receipts and payments                       |                                           |                                      |                                     |                                 |                               |
|-------------------------------------------------------|-------------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
|                                                       | Unrestricted funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
| <b>A1 Receipts</b>                                    |                                           |                                      |                                     |                                 |                               |
| Donation                                              | 4,239                                     | -                                    | -                                   | 4,239                           | 6,758                         |
| Sponsorship                                           | -                                         | -                                    | -                                   | -                               | -                             |
| Event Income                                          | -                                         | -                                    | -                                   | -                               | -                             |
| Gift Aid                                              | -                                         | -                                    | -                                   | -                               | -                             |
| Other Income                                          | 14,692                                    | -                                    | -                                   | 14,692                          | 207                           |
| <b>Sub total (Gross income for AR)</b>                | <b>18,931</b>                             | <b>-</b>                             | <b>-</b>                            | <b>18,931</b>                   | <b>6,965</b>                  |
| <b>A2 Asset and investment sales, (see table).</b>    |                                           |                                      |                                     |                                 |                               |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>18,931</b>                             | <b>-</b>                             | <b>-</b>                            | <b>18,931</b>                   | <b>6,965</b>                  |
| <b>A3 Payments</b>                                    |                                           |                                      |                                     |                                 |                               |
| Event Costs                                           | -                                         | -                                    | -                                   | -                               | 203                           |
| Design & Printing                                     | 1,146                                     | -                                    | -                                   | 1,146                           | 706                           |
| Promotion                                             | 1,986                                     | -                                    | -                                   | 1,986                           | 241                           |
| IT Spend                                              | 527                                       | -                                    | -                                   | 527                             | 571                           |
| Professional Services                                 | 6,405                                     | -                                    | -                                   | 6,405                           | 12,240                        |
| Other Expense                                         | 2,228                                     | -                                    | -                                   | 2,228                           | 701                           |
| <b>Sub total</b>                                      | <b>12,293</b>                             | <b>-</b>                             | <b>-</b>                            | <b>12,293</b>                   | <b>14,663</b>                 |
| <b>A4 Asset and investment purchases, (see table)</b> |                                           |                                      |                                     |                                 |                               |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
|                                                       | -                                         | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>                                 | <b>12,293</b>                             | <b>-</b>                             | <b>-</b>                            | <b>12,293</b>                   | <b>14,663</b>                 |
| <b>Net of receipts/(payments)</b>                     | <b>6,638</b>                              | <b>-</b>                             | <b>-</b>                            | <b>6,638</b>                    | <b>- 7,698</b>                |
| <b>A5 Transfers between funds</b>                     | <b>-</b>                                  | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>A6 Cash funds last year end</b>                    | <b>6,453</b>                              | <b>-</b>                             | <b>-</b>                            | <b>6,453</b>                    | <b>-</b>                      |
| <b>Cash funds this year end</b>                       | <b>13,091</b>                             | <b>-</b>                             | <b>-</b>                            | <b>13,091</b>                   | <b>6,453</b>                  |

## Section B Statement of assets and liabilities at the end of the period

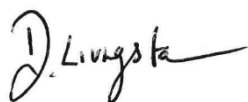
| Categories                                                                                                        | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|-------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b>                                                                                              | Bank                    | 13,091                             | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   | <b>Total cash funds</b> | <b>13,091</b>                      | <b>-</b>                         | <b>-</b>                        |
|                                                                                                                   | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
| <b>B2 Other monetary assets</b>                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| <b>B3 Investment assets</b>                                                                                       |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| <b>B4 Assets retained for the charity's own use</b>                                                               |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which liability relates    | Amount due (optional)            | When due (optional)             |
| <b>B5 Liabilities</b>                                                                                             |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
| At the date of this statement of assets and liabilities, no guarantees have been given and no debt is outstanding |                         |                                    |                                  |                                 |

## Declaration

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the charity's trustees

Signature

A handwritten signature in black ink, appearing to read 'D. Livingstone', with a stylized flourish at the end.

Full name

Derek Livingstone

Date

30<sup>th</sup> January 2023

**UP - The Adult Cerebral Palsy Movement**

England & Wales - Charity number 1179458

---

# Accounts

---



# **Adult Cerebral Palsy Hub**

Charity Number: 1179458

## **Trustees' Annual Report & Financial Statements for the Period 7 April 2020 to 6 April 2021**

February 2022

# **Adult Cerebral Palsy Hub**

## **Trustees' Annual Report & Financial Statements**

for the Financial Period from 07-Apr-2020 to 06-Apr-2021

### **Reference & Administration Details**

#### **Charity Details:**

|                        |                                                                    |
|------------------------|--------------------------------------------------------------------|
| <b>Name(s):</b>        | Adult Cerebral Palsy Hub                                           |
| <b>Charity Number:</b> | 1179458                                                            |
| <b>Company Number:</b> | CE014808                                                           |
| <b>Address:</b>        | Taylor Associates, Gallery Court, 28 Arcadia Avenue, London N3 2FG |
| <b>e-mail:</b>         | info@adultcphub.org                                                |
| <b>website:</b>        | <a href="http://adultcphub.org">http://adultcphub.org</a>          |

#### **Names of the Charity Trustees**

Emma Livingstone, appointed 6<sup>th</sup> August 2018  
Derek Livingstone, appointed 6<sup>th</sup> August 2018  
Miriam Creeger, appointed 6<sup>th</sup> August 2018  
Stephen Jacobs OBE, appointed 1<sup>st</sup> October 2020  
Natalie South, appointed 1<sup>st</sup> October 2020  
Dr Valerie Stevenson, appointed 1<sup>st</sup> October 2020  
Dr Jennifer Ryan, appointed 21<sup>st</sup> December 2020

#### **Names & Addresses of Advisors**

None

#### **Names of Senior Staff with Delegated Responsibilities**

None

## Structure, Governance & Management

### **Type of Governing Document:**

Constitution – based on the Charity Commission’s model governing document for Foundation Charitable Incorporated Organisations, ie: where the Trustees are the only Members of the charity. Registered 06 Aug 2018

### **How the Charity is Constituted:**

Charitable Incorporated Organisation

### **Trustee Selection Methods:**

There must be at least three charity trustees. The maximum number of trustees is 12. In accordance with the Constitution, apart from the first charity trustees, Trustees are appointed or re-appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

## Charitable Objects

The objects of the CIO are:

- to promote and protect the physical and mental health of adult sufferers of cerebral palsy through the provision of assistance, support, education and practical advice;
- to advance the education of the general public, relevant medical and educational professionals and related and relevant disciplines in all areas relating to cerebral palsy by working with medical and research communities to promote best practice in the treatment, care, education and support of adults with cerebral palsy;
- to encourage adults affected by cerebral palsy to attain their full life potential as members of society by improving their conditions of life;
- to promote research into cerebral palsy in adults and allied conditions and to promote the publication of the results; and
- to promote any other charitable purpose for the benefit of adults with cerebral palsy and / or their families, dependents, friends and carers and other persons affected by cerebral palsy, in each case for the public benefit.

## Activities

### Statutory Declaration on Public Benefit

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

The activities we carry out to further our charitable objects (purposes) are for the public benefit.

Adult Cerebral Palsy Hub is the charity for Adults with Cerebral Palsy, informing, educating, and supporting them to live their best lives.

Cerebral Palsy is a lifelong condition that affects 130,000 adults in the UK. It is a condition which develops associated co-morbidities during adulthood and demands a specialist care pathway to achieve positive and long-lasting results. However, co-ordinated and specialist services do not universally exist today for adults with Cerebral Palsy, unlike most other neurological conditions.

After the age of the 18 adults with CP report feeling a “cliff edge loss of support” and the journey to services is problematic and feels like being “lost at sea”.

We believe no adult should be told “their CP is getting worse.” Rather, they are entitled to knowledge about the process of ageing with CP as well as coordinated care that improves wellness, participation, and quality of life.

We aim to provide adults with the help and information on how to better manage their condition and campaign for improved services.

Our activities are focused on the following areas:

1. **Knowledge:** We provide adults with help, information and practical guidance on how to better manage their condition based on the latest research and practice.
2. **Support:** We are developing a support structure for the community to provide practical strategies, emotional support and help to navigate their care.
3. **Coordinated Care:** Coordinated care does not universally exist today for adults living with CP. We raise awareness and educate stakeholders about Cerebral Palsy as a lifelong condition. We lobby for clear care pathways and specialist services and to stamp out the gap in health inequality experienced by our community.

## Achievements & Performance

Despite this year being dominated by the Covid-19 pandemic, which hit the UK in March 2020, much progress was made in advancing the aims of the charity.

The impact of the pandemic was and remains highly stressful for the adult Cerebral Palsy community, compounding the physical and mental health challenges already faced. Adult CP Hub prides itself as being a community-based organisation and during these unprecedented and uncertain times we have tried to respond quickly to the needs of our community.

*"I'M IN MY EARLY 30S AND LIVING WITH CP, DEPRESSION AND ANXIETY/PHOBIAS. MY FAMILY HAVE BEEN SHIELDING SINCE THE BEGINNING OF MARCH AS WE ARE ALL 'AT RISK' OR 'EXTREMELY VULNERABLE' TO COVID, AND LIFE...WELL, YOU ALL KNOW HOW TOUGH THINGS ARE I EXPECT! IT'S REALLY GOOD TO KNOW ALL OF YOU ARE OUT THERE, AND I REALLY HOPE I CAN GET TO KNOW YOU"*

We quickly launched a Facebook support group for the community to share tips and advice on how to survive during lockdown. We also started running twice weekly virtual support groups providing an opportunity to meet others with the condition, share ideas, ask questions, and provide mutual support as well as make new friends. These proved very successful during these troubled times, reaching people across the age range and spectrum of need, with many of the regular participants reporting that these became anchors in their week.

Staying as active as possible is one of the best ways for adults with CP to stay healthy and maintain their skills. We ran a pilot 12-week Community Movement Challenge to help our community to better understand their condition and have practical tips and exercises to help develop healthy habits. Led by a physiotherapist and an expert disability trainer, participants set their own specific personal goals and were fully supported throughout the challenge. Support included access to an online support group, sharing of daily tips and advice on how to keep moving and motivated, weekly video-chat group sessions and advice and support from fellow participants. These had huge benefit for all participant both physically and psychologically.

*"I HAVE BEEN MOVING A LOT MORE OVER THE LAST FEW WEEKS, WITH DOING HOUSEWORK, USING MY CRUTCHES MORE AROUND THE FLAT, AND STANDING AT MY WINDOW WAITING FOR DELIVERIES. IT REALLY HAS MADE A HUGE DIFFERENCE TO MY PERSONAL WELLBEING. I HAVEN'T BEEN THIS HAPPY FOR YEARS"*

Adults with CP face difficulties finding up to date information about their condition and struggle to access advice and support. Many adults with CP have also told us they experience low self-esteem, low mood, and little aspiration for the future. We launched our **"chatting with"** series, a virtual programme of regular talks and events designed to bring the community together and showcase role models within our community. Topics addressed issues that impact greatly on the community including "how to stay active", "pain management", "sleep" and "The Equality Act and your rights" as well as "ask a professional" sessions with physio and occupational therapists.

*"THANK YOU SO MUCH FOR ARRANGING THE TALK TONIGHT ON PAIN, REALLY INFORMATIVE..... I THINK I KNOW NOW WHERE I NEED TO BE SEEN AND WILL FORWARD THE NICE GUIDELINES TO GP. THANKS AGAIN"*

*"YOU HAVE INSPIRED ME TO ACCEPT MY CP AND SPREAD AWARENESS ON MY DISABILITY AND CHRONIC ILLNESS ON MY BLOG. I WOULD LIKE TO TAKE THIS OPPORTUNITY TO SAY THANK YOU."*

In October 2020, to mark [World CP Day](#), we released a short film showcasing that there are many members of our community who are already making their mark. The film included comedians, actors, writers, medical professionals, politicians, and athletes all of whom live with Cerebral Palsy.

We also produced another film for [World Mental Health Day](#). We know that adults with Cerebral Palsy are 40% more affected by mental health issues than the general population and are affected by issues of loneliness and social isolation which unsurprisingly have been intensified by the pandemic. In the film, members of our community describe how mental health issues impact them and the need for better recognition for the community around mental health.

We would like to thank all those that contributed to the film, Director Ruth Sewell and Alan Walsh at the charity [HelpFilm.org](#) who made this happen.

Sharing personal stories has always been a powerful way to connect with others and provide personal testimony about living with Cerebral Palsy as an adult. We had a very positive response and reached many new members of the CP community when our founder Emma Livingstone was interviewed by Lou Hamilton on her podcast Brave new Girl which seeks to celebrate the success of woman. Pleasingly she shared with us that it was her most popular podcast to date and exceeded all expectations with the number of times it was listened to and shared.

*"I JUST THINK IT'S WONDERFUL HOW SUPPORTIVE @ADULTCPHUB ARE FOR A COMMUNITY THAT OFTEN FEELS LEFT IN THE DARK, THEY ARE A LIFELINE. I HONESTLY WOULDN'T HAVE EVEN BEGUN MY JOURNEY BACK INTO PHYSIO AND HEALTHCARE SUPPORT WITHOUT THEIR GUIDANCE."*

During the year, Emma Livingstone spoke at several professional conferences, raising the profile of the needs of the adult CP community with medics and researchers.

One of the aims of the charity is to develop better understanding of Cerebral Palsy in Adults through research. The Charity has continued to support the research community, providing the patient voice.

Adult Cerebral Palsy Hub became a member of the "Community Rehabilitation Alliance", a coalition of organisations and charitable bodies that have come together to demand access to improved rehabilitation services. The alliance has participated in NHSE's Ageing Well programme and the Long Covid taskforce, ensuring that rehabilitation is a key consideration for both initiatives.

Ahead of Cerebral Palsy Awareness month in March 2021, the charity launched its **#StampOutTheGap** campaign, aiming to stamp out the gap in healthcare provision for adults with CP vs those with other life-long conditions. To make the point, we created a set of six mock second class stamps featuring six well-known personalities - comedian Rosie Jones, comedian Francesca Martinez, actor James Moore, Britain's Got Talent winner 'Lost Voice Guy' Lee Ridley, Paralympian David Smith MBE and para-Dressage rider Tegan Vincent-Cooke - all of whom have Cerebral Palsy, to highlight how adults

with CP are treated like 'Second Class Citizens'. Through the campaign, the charity is asking the Government to 'stamp out' this inequality and insisting the NICE (National Institute for Health & Care Excellence) guidelines are adopted, to improve life for the 130,000 adults in the UK living with CP.

Before lockdown, we commissioned an **economic report to make the case for specialist services** and this was completed and published this year. This comprehensive report was based on latest research and interviews with wide range of practitioners and patients. This report served to give us a better understanding of our population. There are now thought to be 130,000 adults in the UK who have cerebral palsy. This is 50% more than previously publicised. Interestingly also that 70% are in GMFCS Levels 1 to 3 who are those people with higher mobility.

The report also looked at patient experience finding that, adults with CP have less specialist support services than people with almost any other long-term condition resulting in significant unmet patient need and health inequalities. In addition, adults with CP often have sub-optimal experiences and outcomes from services due to lack of understanding of CP and its effects, combined with lack of appropriate clinical pathways. This lack of support results in worse health outcomes and, lower education and employment participation for individuals and a substantial economic loss to the country.

The report made the case for the development of specialist services and clear clinical pathways into local services. It found there to be three broad reasons we must deliver better services for adults with CP

1. **A quality of life case for action:** society has made significant medical advances in life-preserving treatments. We now need to give as much focus on quality of life.
2. **An economic case:** investing in specialist support services will reduce demand on expensive "downstream" health and care services, and by supporting people with cerebral palsy into education and employment, the payback in wider economic benefits to the country will easily offset the costs of investment.
3. **A parity and equity case:** people with cerebral palsy have a right to support, but they currently suffer significant health inequalities in part because the services that do exist are under resourced compared to those available for almost any other long-term condition

The economic benefits largely arise from increased employment / retention of employment. The new specialist adult cerebral palsy service cost is estimated at £20m per annum. The Government's required 1 to 4 ratio of investment to economic benefit means £80m of benefit is needed to justify spend. This would be achieved if only 4,000 people (3% of the adult CP community) gain or are helped to stay in employment.

**The reports key recommendation was that all NHS, social care, education and employment support commissioners work together to commission a dedicated specialist adult CP service for their local population based on the hub and spoke model.**

It has been very important to maintain strong links with the community and furthermore to use every opportunity to have the voice of the community heard. For this

reason and the continuing need to raise awareness with the wider public we used March – CP awareness month - to work with the community to do this using a series of home-made videos and / or photographs and quotes in a month-long social media campaign. Every day in March one member of our community was able to tell us what having Cerebral Palsy meant to them. We then shared this in daily posts across our social media platforms.

## **Financial Review**

### **Principal Sources of Funding and Outgoings**

The principle source of funding has been public donations.

The charity has not engaged in any specific applications for grants or fundraising activities in the current year.

Gift Aid is reclaimed on donations where the donor indicates that is their wish.

### **Statement of the Charity's Policy on Reserves**

Given the early stage of the Charity, the Charity does not have a policy on reserves.

### **Details of Any Funds Materially in Deficit**

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets & liabilities.

### **Remuneration of Trustees**

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

### **State of the Charity's Finances**

Though modest, the charity's current resources are sufficient to meet its outgoings for at least next year. All the indications are that this will remain the case for the foreseeable future.

### **Particulars of Any Outstanding Guarantee Given by the Charity**

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets & liabilities.

### **Particulars of Any Outstanding Debt**

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

### **Statutory Statements on Liabilities**

The Trustees declare that:

- The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (eg: any outstanding/ongoing contract or legal undertaking to buy or provide specific services)
- The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (eg: a mortgage on property owned by the charity)

# Statement of Financial Activity

Receipts and payments accounts for the period 7<sup>th</sup> April 2020 to 6<sup>th</sup> April 2021

| Section A Receipts and payments                       |                    |                  |                  |                  |                  |
|-------------------------------------------------------|--------------------|------------------|------------------|------------------|------------------|
|                                                       | Unrestricted funds | Restricted funds | Endowment funds  | Total funds      | Last year        |
|                                                       | to the nearest £   | to the nearest £ | to the nearest £ | to the nearest £ | to the nearest £ |
| <b>A1 Receipts</b>                                    |                    |                  |                  |                  |                  |
| Donation                                              | 6,758              | -                | -                | 6,758            | 8,980            |
| Sponsorship                                           | -                  | -                | -                | -                | -                |
| Event Income                                          | -                  | -                | -                | -                | 1,559            |
| Gift Aid                                              | -                  | -                | -                | -                | 1,246            |
| Other Income                                          | 207                | -                | -                | 207              | 18               |
|                                                       | -                  | -                | -                | -                | -                |
|                                                       | -                  | -                | -                | -                | -                |
|                                                       | -                  | -                | -                | -                | -                |
| <b>Sub total (Gross income for AR)</b>                | <b>6,965</b>       | <b>-</b>         | <b>-</b>         | <b>6,965</b>     | <b>11,804</b>    |
| <b>A2 Asset and investment sales, (see table).</b>    |                    |                  |                  |                  |                  |
|                                                       | -                  | -                | -                | -                | -                |
|                                                       | -                  | -                | -                | -                | -                |
| <b>Sub total</b>                                      | <b>-</b>           | <b>-</b>         | <b>-</b>         | <b>-</b>         | <b>-</b>         |
| <b>Total receipts</b>                                 | <b>6,965</b>       | <b>-</b>         | <b>-</b>         | <b>6,965</b>     | <b>11,804</b>    |
| <b>A3 Payments</b>                                    |                    |                  |                  |                  |                  |
| Event Costs                                           | 203                | -                | -                | 203              | 1,402            |
| Design & Printing                                     | 706                | -                | -                | 706              | 558              |
| Promotion                                             | 241                | -                | -                | 241              | -                |
| IT Spend                                              | 571                | -                | -                | 571              | 7,191            |
| Professional Services                                 | 12,240             | -                | -                | 12,240           | -                |
| Other Expense                                         | 701                | -                | -                | 701              | 637              |
|                                                       | -                  | -                | -                | -                | -                |
|                                                       | -                  | -                | -                | -                | -                |
|                                                       | -                  | -                | -                | -                | -                |
| <b>Sub total</b>                                      | <b>14,663</b>      | <b>-</b>         | <b>-</b>         | <b>14,663</b>    | <b>9,789</b>     |
| <b>A4 Asset and investment purchases, (see table)</b> |                    |                  |                  |                  |                  |
|                                                       | -                  | -                | -                | -                | -                |
|                                                       | -                  | -                | -                | -                | -                |
| <b>Sub total</b>                                      | <b>-</b>           | <b>-</b>         | <b>-</b>         | <b>-</b>         | <b>-</b>         |
| <b>Total payments</b>                                 | <b>14,663</b>      | <b>-</b>         | <b>-</b>         | <b>14,663</b>    | <b>9,789</b>     |
| <b>Net of receipts/(payments)</b>                     | <b>- 7,698</b>     | <b>-</b>         | <b>-</b>         | <b>- 7,698</b>   | <b>2,015</b>     |
| <b>A5 Transfers between funds</b>                     | <b>-</b>           | <b>-</b>         | <b>-</b>         | <b>-</b>         | <b>-</b>         |
| <b>A6 Cash funds last year end</b>                    | <b>14,151</b>      | <b>-</b>         | <b>-</b>         | <b>14,151</b>    | <b>-</b>         |
| <b>Cash funds this year end</b>                       | <b>6,453</b>       | <b>-</b>         | <b>-</b>         | <b>6,453</b>     | <b>14,151</b>    |

## Section B Statement of assets and liabilities at the end of the period

| Categories                                                                                                        | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|-------------------------------------------------------------------------------------------------------------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b>                                                                                              | Bank                    | 6,453                              | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   | <b>Total cash funds</b> | <b>6,453</b>                       | <b>-</b>                         | <b>-</b>                        |
|                                                                                                                   | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
| <b>B2 Other monetary assets</b>                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   |                         | -                                  | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| <b>B3 Investment assets</b>                                                                                       |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which asset belongs        | Cost (optional)                  | Current value (optional)        |
| <b>B4 Assets retained for the charity's own use</b>                                                               |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   |                         |                                    | -                                | -                               |
|                                                                                                                   | Details                 | Fund to which liability relates    | Amount due (optional)            | When due (optional)             |
| <b>B5 Liabilities</b>                                                                                             |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
|                                                                                                                   |                         |                                    | -                                |                                 |
| At the date of this statement of assets and liabilities, no guarantees have been given and no debt is outstanding |                         |                                    |                                  |                                 |

## Declaration

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the charity's trustees

Signature

A handwritten signature in black ink that reads "Derek Livingstone". The script is cursive and fluid.

Full name

Derek Livingstone

Date

07 / 02 / 2022