

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

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

UP - THE ADULT CEREBRAL PALSY MOVEMENT

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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.

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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.

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

5 Expenditure on charitable activities

	2025 £	2024 £
Direct costs		
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>
Analysis by fund		
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 Number	2024 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 2024 £	Incoming resources £	At 5 April 2025 £
-	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 2024 £	Incoming resources £	Resources expended £	At 5 April 2025 £
General funds	7,479	48,395	(49,719)	6,155
Previous year:	At 6 April 2023 £	Incoming resources £	Resources expended £	At 5 April 2024 £
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 funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 5 April 2025:			
Current assets/(liabilities)	6,155	20,000	26,155
	<hr/>	<hr/>	<hr/>
	6,155	20,000	26,155
	<hr/>	<hr/>	<hr/>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 5 April 2024:			
Current assets/(liabilities)	7,479	-	7,479
	<hr/>	<hr/>	<hr/>
	7,479	-	7,479
	<hr/>	<hr/>	<hr/>

12 Related party transactions

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