

NORTHANTS PARKINSON'S PEOPLE

England & Wales · Charity number 1188652

Details

Status Registered

Legal form CIO

Registered 2020-03-19

Register [View on the Charity Commission register](#)

Contact

Address 5 Redland Drive
Northampton
NN2 8QE

Phone 01604 244444

Email northantspp@gmail.com

Website northantsparkinsonspeople.uk

Activities

Objects: (1) TO RELIEVE SICKNESS, PRESERVE HEALTH AND PROMOTE POSITIVE HEALTH OUTCOMES FOR ALL THOSE AFFECTED BY PARKINSON'S DISEASE IN NORTHAMPTONSHIRE;(2) TO PROVIDE PEER SUPPORT SERVICES USING ALL FORMS OF COMMUNICATION;(3) TO PROVIDE REGULAR OPPORTUNITIES FOR SOCIAL CONTACT AT LOCAL ACCESSIBLE VENUES; AND(4) TO PROVIDE A FACE TO FACE VISITING SERVICE FOR INDIVIDUALS UNABLE TO ACCESS THEIR WIDER ENVIRONMENT DUE TO PARKINSON'S.

Activities: Northants Parkinson's People have a monthly newsletter, a three times per week walking group, twice weekly exercise class and monthly lunch club. We provide telephone friendship calls and a helpline providing information about Parkinson's and support to apply for benefits, housing and to access additional services. Our younger persons group provides support to individuals more recently diagnosed.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£6,573	£6,645	-	-
2024-04-30	£7,615	£6,031	-	-
2023-03-31	£7,366	£3,232	-	-
2022-03-31	£6,447	£1,394	-	-
2021-03-31	£8,196	£157	-	-

Trustees

Name	Role	Appointed
Karen Anne Stockwell	Chair	2019-08-19
Isobel Round		2025-08-11
John Stuart Ellis		2022-06-22
Marina Joanne Jeffrey		2025-08-11
Nicholas James Clarke		2022-06-22
Richard John Clift		2022-06-22

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/05/24
Period end date

Period start date To 30/04/25

Charity name: Northants Parkinson's People

Charity registration number: 1188652

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To relieve sickness, preserve health and promote positive health outcomes for all those affected by Parkinson's disease in Northamptonshire.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To provide peer support services using all forms of communication. - To provide regular opportunities for social contact at local accessible venues. - To provide a face to face visiting service for individuals unable to access their wider environment due to Parkinson's. - Informative, interesting and positive newsletters. Articles are written by members and volunteers. - Website, containing useful information about Parkinson's and the Charities activities. - Friendship calls to address feelings of loneliness and isolation via volunteers. - Help line to provide emotional support for anyone affected by Parkinson's to include family, friends and carers. We provide tailored information about other services available to support individuals. Via the helpline we fund a freelance specialist with many years of experience to assist with the application for benefits, blue badge, housing and other services. - We encourage people to become members of our Charity and hope they will feel part of our supportive community. - Our Younger Person's group meet regularly both face to face and via zoom.

		- We provide three 'walks in the park' in the Racecourse, a large local park and Abington Park finishing at a cafe for social time. - We have a very popular monthly lunch group at a local Public House, regularly welcoming over 30 individuals each time. This includes people with Parkinson's and partners. - In Jan 24 we started a Speaker Meeting inviting interesting folks to educate us on all manner of subjects, this regularly attracts 20 plus attendees. - We work closely with an exercise instructor and contribute to rent to provide time for beverages after exercises once a week. -We have connected to a local indoor bowls association and have weekly games for all abilities. -We subsidise trips to accessible locations providing organisation, transport and company.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees, whilst exercising their powers or duties, have complied and given due regard to guidance on public benefit published by the commission.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Northants Parkinson's People is run by volunteers. The majority of our volunteers have in some way been affected by Parkinson's disease. Our volunteers provide: Administrative duties required to keep accounts. Administrative duties required to run the membership list. Newsletter creation to include research, article writing, laying out artwork. Emailing the newsletter to our recipients. Making telephone friendship calls, keeping in touch with isolated individuals.

		Organising walks, attending, advertising and encouraging participation. Organising activities for the younger persons group. Organising trips out, booking transport and providing excellent communication. We pay an independent specialist to assist people affected by Parkinson's in applying for disability benefits, blue badges and others. This person also volunteers in other duties. Fundraising: we are extremely lucky to have a fantastic fundraiser who grows plants to sell, makes jam, marmalade etc. We also have a further volunteer who makes lovely cards and artistic ornaments to sell for our benefit. We have a baking enthusiast who provides cakes to sell, others donate various items for us to sell. These fundraisers have worked together to do regular indoor tabletop sales this year and this activity continues. We were unable to fundraise at the local festival this year due to our hosts ill health. However, we have continued to receive generous donations from the community.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	-Monthly Newsletter. The Newsletter has been delivered every month for six years via Email. That is 72 editions. -We have 391 recipients of the newsletter. -Our website is being updated and will be ready June 2025 this work is being undertaken by the son of one of our members. -Regular friendship calls are ongoing, and many recipients have been persuaded to attend face to face social events now. -Via the help line /advertising/ website in total we have direct contact and supported 378 people affected by Parkinson's since the charity began (19/03/20) this is an additional 81 since our last end of year. These has been for varied issues to include support with Attendance Allowance (AA) (we have helped 68 people receive the higher rate of attendance allowance which is £110/week), personal independence payments (PIP), Blue Badge applications, general signposting and information about Parkinson's and our support groups. This work is provided by an experienced advisor on a as required basis and is invoiced at a hourly rate. -We have 197 members, increase of 34 over the year, many giving donations on joining. -Our thrice weekly walks have approximately 20 individuals who attend - not necessarily on the same day but at some point during the week. -Younger Guys group: NYPD. Northants, Younger, Parkinson's Dudes. This group is slowly growing. The NYPD have a great volunteer who organises various activities to include regular meet ups, Canal Boat Hire, Pub Quiz's & Pools Tournament -Monthly Lunch Group has been thriving for three years and we have enjoyed welcoming over 30 people each time to include people with Parkinson's and their partners. - We opened a new Speakers Group in Jan 24. This has been successful, and our attendees have enjoyed the variety of speakers booked by our very efficient charity secretary.

		-Weekly face to face exercises are supported by the Charity to provide additional social time. Regular attendance of 35 plus. - A BBQ's was organised in July 24 by a small team of volunteers who cooked and looked after everyone who came along. - A local canal trip was organised by our newest committee member and volunteer. - We had two trips to a local theatre the first being afternoon tea with entertainment. Pre- Christmas we organised a trip to see a male quartet singers group. - Plans are being made to set up a new Coffee Morning group in a smaller local town. - We closed our partners group as interest dropped but we will begin again if anyone feels this would be of benefit. - Many people thank us for our support verbally and occasionally on our donation page <i>"I would like to take this opportunity to thank the charity for being there and in particular Angela, for her help and time. I couldn't have got through without her"</i> -Fundraising skills are provided by Sylvia our wonderful volunteer who has raised £6840 in total since the Charity began, and continues to sell plants, Jams, Marmalade etc. Big thanks also to Pat who makes wonderful, creative cards and sparkling ornaments for Sylvia to sell. Also, we have wonderful Rosemary who makes delicious cakes which are sold at exercises and walking. This year we have also been selling items on ebay which have been donated to the Charity.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Bank account is £18,738.00
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity does not have a policy for holding reserves at present.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Northants Parkinson's People
Other name the charity uses	
Registered charity number	1188652
Charity's principal address	5 Redland Drive Kingsthorpe Northampton NN2 8QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Richard Clifft	Chair		
2	John Ellis	Treasurer		
3	Karen Stokes	Secretary		
4	Barry Johnson			
5	Nick Clarke			
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20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	R Clifft	J Ellis
Full name(s)	Richard Clifft	John Ellis (Treasurer) 19/06/2025
Position (eg Secretary, Chair, etc)	Chair	
Date	19 June 2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Northants Parkinson's People

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/05/2024

To

Period end date
30/04/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Brought forward	18,810	-	-	18,810	17,226
Donations	2,871	-	-	2,871	4,996
Gift Aid	66	-	-	66	96
Sales	1,535	-	-	1,535	190
Tables Top/ Car Boot Sales	916	-	-	916	908
Coach trip/Events	818	-	-	818	1,208
Interest	367	-	-	367	217
	-	-	-	-	-
Sub total (Gross income for AR)	25,383	-	-	25,383	24,841
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	25,383	-	-	25,383	24,841
A3 Payments					
Advertising	136	-	-	136	675
Postage	10	-	-	10	51
Travel Expenses	27	-	-	27	28
Room Hire	765	-	-	765	780
Stationary	32	-	-	32	64
Telephone	70	-	-	70	107
Insurance	131	-	-	131	120
Professional	3,280	-	-	3,280	2,066
Zoom Expenses	62	-	-	62	167
Coach Trips/Events	2,057	-	-	2,057	1,603
Sympathy Expenses	25	-	-	25	151
Miscellaneous	50	-	-	50	219
	6,645	-	-	6,645	6,031
Sub total	6,645	-	-	6,645	6,031
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,645	-	-	6,645	6,031
Net of receipts/(payments)	18,738	-	-	18,738	18,810
A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end	18,738	-	-	18,738	18,810
Cash funds this year end					

Section B Statement of Financial Position

Categories

B1 Cash funds

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Bank	18,690	-	-
Cash	48	-	-
	-	-	-
Total cash funds	18,738	-	-
(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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 asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
R Clift	Richard Clift	13/05/2025
J Ellis	John Ellis	13/05/2025

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/05/23
Period end date

Period start date To 30/04/24

Charity name: Northants Parkinson's People

Charity registration number: 1188652

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To relieve sickness, preserve health and promote positive health outcomes for all those affected by Parkinson's disease in Northamptonshire.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To provide peer support services using all forms of communication. - To provide regular opportunities for social contact at local accessible venues. - To provide a face to face visiting service for individuals unable to access their wider environment due to Parkinson's. - Informative, interesting and positive newsletters. Articles are written by members and volunteers. - Website, containing useful information about Parkinson's and the Charities activities. - Friendship calls to address feelings of loneliness and isolation via volunteers. - Help line to provide emotional support for anyone affected by Parkinson's to include family, friends and carers. We provide tailored information about other services available to support individuals. Via the helpline we fund a freelance specialist with many years of experience to assist with the application for benefits, blue badge, housing and other services. - We encourage people to become members of our Charity and hope they will feel part of our supportive community. - We provide a once weekly exercise group via zoom.

		- Our Younger Guy's group meet regularly both face to face and via zoom. - We provide three 'walks in the park' in the Racecourse, a large local park and Abington Park finishing at a cafe for social time. - We have a very popular monthly lunch group at a local Public House, regularly welcoming over 30 individuals each time. This includes people with Parkinson's and partners. - We have a Partners group who meet once a month for morning coffee to provide mutual support. - We work closely with an exercise instructor and contribute to rent to provide time for beverages after exercises. -We have connected to a local indoor bowls association and have weekly games for all abilities. -We subsidise trips to accessible locations providing transport and company.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees, whilst exercising their powers or duties, have complied and given due regard to guidance on public benefit published by the commission.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Northants Parkinson's People is run by volunteers. The majority of our volunteers have in some way been affected by Parkinson's disease. Our volunteers provide: Administrative duties required to keep accounts. Administrative duties required to run the membership list. Newsletter creation to include research, article writing, laying out artwork. Emailing the newsletter to our recipients.

		Making telephone friendship calls, keeping in touch with isolated individuals. Organising walks, attending, advertising and encouraging participation. Walking with walking poles support. Organising activities for the younger persons group. We pay an independent specialist to assist people affected by Parkinson's in applying for disability benefits, blue badges and others. This person also volunteers putting together the newsletter and other duties. Fundraising: we are extremely lucky to have a fantastic fundraiser who grows plants to sell, makes jam, marmalade etc. We also have a further volunteer who makes lovely cards and artistic ornaments to sell for our benefit. We have a baking enthusiast who provides cakes to sell, others donate various items for us to sell. These fundraisers have worked together to do regular indoor tabletop sales this year and this activity continues. Additional fundraisers worked together last year to collect and then sell items at a popular festival raising over £400 and an additional group are planning the same for this year. These activities are also a great opportunity to advertise the Charity and our other activities. We have a new volunteer who supports our bowling team each week. In addition, many of our members have donated and we have had additional donations from independent supporters such as a local golf club and money donated in memory of loved ones.
Other		

Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

-Monthly Newsletter. The Newsletter has been delivered every month for five years via Email.

-We have 391 recipients of the newsletter.

- The newsletter is now being produced by a new volunteer, changing the look and format.

-Our website is still open, we have now got a volunteer to take over the management of this as original website builder has retired.

-Regular friendship calls are ongoing and many recipients have been persuaded to attend face to face social events now.

-Via the help line/ Facebook /advertising/ website we have supported 299 people affected by Parkinson's which is an additional 89 since last end of year. These has been for varied issues to include support with Attendance Allowance (AA), personal independence payments (PIP), Blue Badge applications, general signposting and information about Parkinson's and our support groups. This work is provided by an experienced advisor on a as required basis and is invoiced at a hourly rate.

-We have 163 members, many giving donations on joining.

-Our thrice weekly walks have approximately 20 individuals who attend - not necessarily on the same day but at some point during the week.

-Our two walking with poles volunteers continue to demonstrate and offer support with correct usage of walking poles to those who use these.

-Younger Guys have named their group NYPD. Northants, Younger, Parkinson's Dudes. They now have 36 on their invite lists an increase of 6. This groups younger female attendee numbers have risen. The NYPD have a great volunteer who organises various activities to include regular meet ups, Canal Boat Hire, Pub Quiz's & Pools Tournament

-Monthly Lunch Group has been thriving for two years and we have enjoyed welcoming over 30 people each time to include people with Parkinson's and their partners.

-We now have a Partners group who meet once per month to provide peer support. This is organised by two new volunteers.

-Weekly face to face exercises are supported by the Charity to

		provide additional social time. Regular attendance of 35 plus. - We organised a trip to Skegness, hiring an adapted mobility luxury coach. - Two local disabled friendly boat trips were organised and attended by our members and friends. - Two local BBQ's were organised by a small group of volunteers who cooked and looked after everyone who came along. -Fundraising skills are provided by Sylvia our wonderful volunteer who has raised £4766 in total, last year's total was C3400.00 and continues to sell plants, Jams, Marmalade etc. Big thanks also to Pat who makes wonderful, creative cards and sparkling ornaments for Sylvia to sell. Also, we have wonderful Rosemary who makes delicious cakes which are sold at exercises and walking. - We put together a team to cover three days of promotion at the local balloon festival, we had our logo printed onto t-shirts and displayed our banner, and handed out many leaflets. Last year another group raised over £400. These opportunities build friendships and gives individuals a real sense of community and achievement. -We receive many verbal compliments and thanks for our support. Occasionally these come in writing: <i>Thanks Sylvia! The parkinsons partners group is in a much better place for me to get to, so I'll give it a go. Having spoken to XXXX last week about how upset he was that the driving assessment was just sprung on him, it's really brilliant that the newsletter has so quickly included some proper information. I think the parkinsons group in Northampton is fantastic in all that it does, and in what you and others do in terms of fundraising. We are really lucky to have the group xx</i>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	

Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Bank account is £18,810.00 Cash £ 256.00
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity does not have a policy for holding reserves at present.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Northants Parkinson's People
Other name the charity uses	
Registered charity number	1188652
Charity's principal address	5 Redland Drive Kingsthorpe Northampton NN2 8QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Richard Clifft	Chair		
2	John Ellis	Treasurer		
3	Karen Stokes	Secretary		
4	Anthony Roberts			
5	Nick Clarke			
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20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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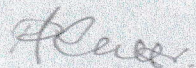
Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Anthony Arthur Roberts	Richard Clifft
Position (eg Secretary, Chair, etc)	Trustee	CHAIR
Date	11 June 2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Northants Parkinson's People	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date 01/05/2023	To	Period end date 30/04/2024
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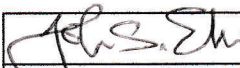
Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Brought forward	17,226	-	-	17,226	13,092
Donations	4,996	-	-	4,996	5,085
Gift Aid	96	-	-	96	317
Sales	190	-	-	190	-
Sales Commission	-	-	-	-	167
Table Top/Car boot Sales	908	-	-	908	805
Coach trip/Events	1,208	-	-	1,208	992
Interest	217	-	-	217	-
Sub total (Gross income for AR)	24,841	-	-	24,841	20,458
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,841	-	-	24,841	20,458
A3 Payments					
Advertising	675	-	-	675	58
Postage	51	-	-	51	34
Travel Expenses	28	-	-	28	46
Room Hire	780	-	-	780	300
Stationery	64	-	-	64	4
Telephone	107	-	-	107	84
Insurance	120	-	-	120	119
Professional Support	2,066	-	-	2,066	2,119
Zoom Expenses	167	-	-	167	173
Coach trips/Events	1,603	-	-	1,603	263
Sympathy Expenses	151	-	-	151	32
Miscellaneous	219	-	-	219	-
Sub total	6,031	-	-	6,031	3,232
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,031	-	-	6,031	3,232
Net of receipts/(payments)	18,810	-	-	18,810	17,226
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	18,810	-	-	18,810	17,226

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	18,554	-	-
	CASH	256	-	-
		-	-	-
	Total cash funds	18,810	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	JOHN STUART ELLIS	25/5/2024
	ANTHONY ARTHUR ROBERTS	25/5/2024

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/05/22
Period end date

Period start date To 30/04/23

Charity name: Northants Parkinson's People

Charity registration number: 1188652

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To relieve sickness, preserve health and promote positive health outcomes for all those affected by Parkinson's disease in Northamptonshire.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	To provide peer support services using all forms of communication. - To provide regular opportunities for social contact at local accessible venues. - To provide a face to face visiting service for individuals unable to access their wider environment due to Parkinson's. - Informative, interesting and positive newsletters. Articles are written by members and volunteers. - Website, containing useful information about Parkinson's and the Charities activities. - Friendship calls to address feelings of loneliness and isolation via volunteers. - Help line to provide emotional support for anyone affected by Parkinson's to include family, friends and carers. We provide tailored information about other services available to support individuals. Via the helpline we fund a freelance specialist with many years of experience to assist with the application for benefits, blue badge, housing and other services. - We encourage people to become members of our Charity and hope they will feel part of our supportive community. - We provide a once weekly exercise group via zoom.

		- Our Younger Guy's group meet regularly both face to face and via zoom. - We provide three 'walks in the park' in the Racecourse, a large local park and Abington Park finishing at a cafe for social time. - We have a very popular monthly lunch group at a local Public House, regularly welcoming over 30 individuals each time. This includes people with Parkinson's and partners. - We have a Partners group who meet once a month for morning coffee to provide mutual support. - We work closely with an exercise instructor and contribute to rent to provide time for beverages after exercises. -We have connected to a local indoor bowls association and have weekly games for all abilities. -We subsidise trips to accessible locations providing transport and company.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees, whilst exercising their powers or duties, have complied and given due regard to guidance on public benefit published by the commission.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Northants Parkinson's People is run by volunteers. Our volunteers provide: Administrative duties required to keep accounts. Administrative duties required to run the membership list. Newsletter creation to include research, article writing, laying out artwork. Emailing the newsletter to our recipients. Making telephone friendship calls, keeping in touch with isolated individuals.

		Organising walks, attending, advertising and encouraging participation. Walking with walking poles support. Organising activities for the younger guy's group. We pay an independent specialist to assist people affected by Parkinson's in applying for disability benefits, blue badges and others. Fundraising: we are extremely lucky to have a fantastic fundraiser who grows plants to sell, makes jam, marmalade etc. We also have a further volunteer who makes lovely cards and artistic ornaments to sell for our benefit. We have a baking enthusiast who provides cakes to sell, others donate various items for us to sell. These fundraisers have worked together to do an indoor tabletop sale and plan for more later in the year. We worked together last year to collect and then sell items at a popular festival raising over £600 and an additional group are planning the same for this year. These activities are also a great opportunity to advertise the Charity and our other activities. In addition, many of our members have donated and we have had additional donations from independent supporters and money donated in memory of loved ones.
Other		

Achievements and Performance

	SORP reference	
--	----------------	--

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

- Monthly Newsletter. The Newsletter has been delivered every month for four years via Email.
- We have 337 recipients of the newsletter.
- Our website has approx. 80 visitors per month since launching
- Regular friendship calls are ongoing and many recipients have been persuaded to attend face to face social events now.
- Via the help line/ Facebook /advertising/ website we have supported 210 individual people affected by Parkinson's. These has been for varied issues to include support with Attendance Allowance (AA), Personal Independence Payments, Blue Badge applications, general signposting and information about Parkinson's and our support groups. We have helped 44 individuals obtain high-rate AA making a big difference in their income to support their disability. This work is provided by an experienced advisor on a as required basis and is invoiced at a hourly rate.
- We have 137 members, many giving donations on joining.
- Our thrice weekly walks have approximately 20 individuals who attend - not necessarily on the same day but at some point during the week.
- Our two walking with poles volunteers continue to demonstrate and offer support with correct usage of walking poles to those who use these.
- Younger Guys have named their group NYPD. Northants, Younger, Parkinson's Dudes. They have 30 on their invite lists. They have organised various events to include Canal Boat Hire, Pub Quiz's & Pools Tournament
- Monthly Lunch Group has been ongoing for over a year and we have enjoyed welcoming over 30 people each time to include people with Parkinson's and their partners.
- We now have a Partners group who meet once per month to provide peer support.
- Zoom online exercises continues and welcomes approx. 6 attendees per week. One regular in France
- Weekly face to face exercises are supported by the Charity to

		provide additional social time. Regular attendance of 30 plus. -Last year we organised two boat trips and a trip to botanical gardens. This year we have organised a trip to Skegness, hiring an adapted mobility luxury coach and we will add additional trips as the year progresses. -Fundraising skills are provided by Sylvia our wonderful volunteer who has raised C3400.00 and continues to sell plants, Jams, Marmalade etc. Big thanks also to Pat who makes wonderful, creative cards and sparkling ornaments for Sylvia to sell. Also, we have wonderful Rosemary who makes delicious cakes which are sold at exercises and walking. -Our contacts have been asked if they would like to be involved in promoting the Charity whilst fundraising at a popular local Festival and we have recruited a good team who are planning at present. Last year another group raised over £600. These opportunities build friendships and gives individuals a real sense of community and achievement. -We receive many verbal compliments and thanks for our support. Occasionally these come in writing: <i>Excellent news!!</i> <i>I have finally heard that my appeal to get the enhanced pension package from the civil service has been successful! The final report specifically referred to your report, Angela (as well as Dr Nithi's and my physio's) - so the depth and detail of your report was clearly highly influential in reaching the final decision.</i> <i>I can never thank you enough for taking so much time and care over my report, which will change my life completely in terms of the final outcome (we would probably have had to sell the house if I had lost the appeal).</i> <i>Thank you both so much - you do such wonderful work, and I am so grateful for your help.</i>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	

Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Bank account is approx. £17200.00
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity does not have a policy for holding reserves at present.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Northants Parkinson's People
Other name the charity uses	
Registered charity number	1188652
Charity's principal address	5 Redland Drive Kingsthorpe Northampton NN2 8QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Richard Clift	Chair		
2	John Ellis	Treasurer		
3	Karen Stokes	Secretary		
4	Anthony Roberts			
5	Nick Clarke			
6				
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16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Richard Clifft	
Full name(s)		
Position (eg Secretary, Chair, etc)	Chair	
Date	16 May 2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Northants Parkinson's People

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/05/2022

To

Period end date
30/04/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Brought forward	13,092	-	-	13,092	8,039
Donations	5,085	-	-	5,085	5,514
Gift Aid	317	-	-	317	473
Sales Commission	167	-	-	167	170
Car Boot Sale	805	-	-	805	290
Coach trip/Outings	580	-	-	580	-
Social Events	412	-	-	412	-
	-	-	-	-	-
Sub total (Gross income for AR)	20,458	-	-	20,458	14,486
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,458	-	-	20,458	14,486
A3 Payments					
Advertising	58	-	-	58	69
Postage	34	-	-	34	157
Travel Expenses	46	-	-	46	59
DBS Checks	-	-	-	-	-
Website Expenses	-	-	-	-	-
Room Hire (Exercising)	300	-	-	300	50
Stationery	4	-	-	4	11
Telephone Rental	84	-	-	84	100
Insurance	119	-	-	119	120
Technical Support	364	-	-	364	713
Zoom Expenses	173	-	-	173	115
Coach trips/Outings	263	-	-	263	-
Sympathy Expenses	32	-	-	32	-
Professional Support	1,755	-	-	1,755	-
Sub total	3,232	-	-	3,232	1,394
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,232	-	-	3,232	1,394
Net of receipts/(payments)	17,226	-	-	17,226	13,092
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	17,226	-	-	17,226	13,092

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	17,032	-	-
	Cash	194	-	-
		-	-	-
	Total cash funds	17,226	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature

Richard Cliff
John Ellis

Print Name

Richard Cliff - Chairman
John Ellis - Treasurer

Date of approval

11/05/23
11/05/23

Accounts



Trustees' Annual Report for the period

Period start date

Period end date

From

01 March 2021

To

30 April 2022

Section A

Reference and administration details

Charity name

Northants Parkinson's People

Other names charity is known by

Registered charity number (if any)

1188652

Charity's principal address

5 Redland Drive

Kingsthorpe

Northampton

Postcode

NN1 2PH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Doug Buckle	Chair		
2	Anthony Roberts	Treasurer		
3	Karen Stokes	Secretary		
4	Val Hamblin			
5	Nick Clarke			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation (CIO)

Trustee selection methods

Elected

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve sickness, preserve health and promote positive health outcomes for all those affected by Parkinson's disease in Northamptonshire.

- To provide peer support services using all forms of communication.
- To provide regular opportunities for social contact at local accessible venues.
- To provide a face to face visiting service for individuals unable to access their wider environment due to Parkinson's.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Informative, interesting and positive newsletters – articles are written by members and volunteers.
- Website, containing useful information about Parkinson's and the Charities activities.
- Friendship calls to address feelings of loneliness and isolation via volunteers.
- Help line to provide emotional support for anyone affected by Parkinson's to include family, friends and carers. We also provide tailored information about other services available to support individuals. Via the helpline we fund a freelance specialist with many years of experience to assist with the application for benefits, blue badge, housing and other services.
- We encourage people to become members of our Charity and hope they will feel part of our supportive community.
- We provide a once weekly exercise group via zoom.
- Our Younger Guy's group meet regularly both face to face and via zoom.
- We provide three 'walks in the park' in the Racecourse, a large local park and Abington Park finishing at a café for social time.
- We have set up a monthly lunch group at a local Public House, we have welcomed over 30 individuals each time. This includes people with Parkinson's and partners.
- We have just set up a Partners group who meet once a month for morning coffee.
- We work closely with an exercise instructor and contribute to rent to provide time for beverages after exercises.

All trustees, whilst exercising their powers or duties, have complied and given due regard to guidance on public benefit published by the commission.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Northants Parkinson's People is run by volunteers. Volunteers provide:
 Administrative duties required to keep accounts.
 Administrative duties required to run the membership list.
 Newsletter creation to include research, article writing, laying out artwork.
 Emailing the newsletter to our recipients.
 Making telephone friendship calls, keeping in touch.
 Organising walks, attending, advertising and encouraging participation.
 Nordic Walking support.
 Organising activities for the younger guy's group.
 We now pay an independent specialist to assist people affected by Parkinson's with applying for disability benefits.
 Fundraising: we are extremely lucky to have a fantastic fundraiser who grows plants to sell, makes jam, marmalade etc. We also have another volunteer who makes lovely cards and artistic ornaments to sell for our benefit. We have a baking enthusiast who provides cakes to sell and another supporter has made craft items to sell for our benefit. We worked together collecting items and attended a care boot sale, spreading the word and making £300 for our funds. In addition, many of our members have donated and we have had additional donations from independent supporters and money donated in memory of loved ones.

Summary of the main achievements of the charity during the year

- Monthly Newsletter. The Newsletter has been delivered every month for three years via Email.
- We have 273 recipients of the newsletter.
- Our website has had visitors since launching
- Regular friendship calls are still ongoing but most recipients have been persuaded to attend face to face social events now.
- Via the help line/facebook/advertising/ website we have supported 68 individual people affected by Parkinson's. These has been for varied issues to include support with Attendance Allowance, Personal Independence Payments, Blue Badge applications, general signposting and information about Parkinson's and our support groups. This work is provided by an experienced advisor on a as required basis and is invoiced at a hourly rate.
- We have 96 members, many giving donations on joining.
- Our thrice weekly walks have approximately 18 individuals who attend – not necessarily on the same day but at some point during the week.
- Our two Nordic walking volunteers continue to demonstrate and offer support with correct usage of walking poles to those who use these.
- Younger Guys have named their group NYPD. Northants, Younger, Parkinson's Dudes. They have 19 on their invite lists. They have organised various events to include Go Karting and a Pools Tournament.
- Monthly Lunch Group began this year and we have enjoyed welcoming over 30 people each time to include people with Parkinson's and their partners.
- We have just set up a Partner's group who have met twice, once per month, this is a group which was requested we provide and is very supportive and helpful.
- Zoom online exercises continues and welcomes approx. 8 attendees per week. One regular in France and another in Rugby.
- Weekly face to face exercises are supported by the Charity to provide additional social time. Regular attendance of 17 plus.
- Fundraising skills are provided by Sylvia our wonderful volunteer who has raised £ 1066.00 this year and continues to sell plants, Jams, Marmalade, Books etc. Big thanks also to Pat who makes wonderful, creative cards and sparking ornaments for Sylvia to sell. Also we have wonderful Rosemary who makes delicious cakes which are sold at exercises and walking. Finally lovely Marie has also made some wonderful crafty items sold at various locations for the benefit of the Charity.
- We formed a small group and had a car boot sale this year, collecting items from supporters and we raised £300. And raised awareness by handing out leaflets about the Charity.
- We organised two boat trips last summer and hope to do more activities this year.

Section E Financial review

Brief statement of the charity's policy on reserves

Northants Parkinson's People do not have a reserves policy.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Northants Parkinson's People welcomes funds from the public and we have a donation page on the website. We do not work with a professional fundraiser.

Grant making is not how we carry out our charitable purposes.

Section F Other optional information

During this financial year we have not received any income from contracts or grant funding with central government or local authority.

During this financial year we have not received any income from outside of the UK or operated outside of England and Wales, nor did we spend any money outside of the UK or England and Wales.

We have no trading subsidiaries. None of our trustees received any remuneration or benefits other than expenses incurred.

During this financial year none of our trustees resigned to take up employment with the charity. The charity does not employ any staff. Excluding trustees the charity has four active volunteers, all trustees and eligible volunteers have had appropriate DBS checks as required. During this financial year the charity has not reviewed its financial controls.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

A A Roberts

KAS Stokes

Full name(s)

Anthony Arthur Roberts

Karen Anne Stokes

Position (eg Secretary, Chair, etc)

Treasurer

Secretary

Date

08/05/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Receipts and payments accounts

CC16a

For the period
from

01/05/2021

To

30/04/2022

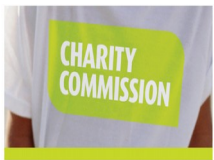
Section A Receipts and payments

	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 £
A1 Receipts					
Brought Forward	8,039	-	-	8,039	-
Donations	5,514	-	-	5,514	7,650
Gift Aid	473	-	-	473	412
Sales Commission	170	-	-	170	134
Car Boot Sale	290	-	-	290	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	14,486	-	-	14,486	8,196
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	14,486	-	-	14,486	8,196
A3 Payments					
Advertising	69	-	-	69	58
Postage	157	-	-	157	20
Travel Expenses	59	-	-	59	19
DBS Checks	-	-	-	-	30
Website Expenses	-	-	-	-	30
Room Hire (Exercising)	50	-	-	50	-
Stationery	11	-	-	11	-
Telephone Rental	100	-	-	100	-
Insurance	120	-	-	120	-
Rtechnical Support	713	-	-	713	-
Zoom Expenses	115	-	-	115	-
Sub total	1,394	-	-	1,394	157
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,394	-	-	1,394	157
Net of receipts/(payments)	13,092	-	-	13,092	8,039
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	13,092	-	-	13,092	8,039

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	13,060	-	-
	Cash	32	-	-
		-	-	-
	Total cash funds	13,092	-	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		<i>A A Roberts</i>	Anthony Arthur Roberts	06/05/2022
		<i>K A Stokes</i>	Karen Anne Stokes	06/05/2022

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	19	March	2020		31	March	2021

Section A Reference and administration details

Charity name

Northants Parkinson's People

Other names charity is known by

Registered charity number (if any)

1188652

Charity's principal address

5 Redland Drive

Kingsthorpe

Northampton

Postcode

NN2 8QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Doug Buckle	Chair		
2	Anthony Roberts	Treasurer		
3	Marina Jeffery	Secretary		
4	Val Hamblin			
5	Karen Richards			
6				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Elected

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- ☐ policies and procedures adopted for the induction and training of trustees;
- ☐ the charity's organisational structure and any wider network with which the charity works;
- ☐ relationship with any related parties;
- ☐ trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve sickness, preserve health and promote positive health outcomes for all those affected by Parkinson’s disease in Northamptonshire. - To provide peer support services using all forms of communication. - To provide regular opportunities for social contact at local accessible venues. - To provide a face to face visiting service for individuals unable to access their wider environment due to Parkinson’s.
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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

This is our first annual report and we have had lockdown restrictions during the whole period of this report. - Informative, interesting and positive newsletters – articles are written by members and volunteers. - Website, containing useful information about Parkinson’s and the Charities activities. - Friendship calls to address feelings of loneliness and isolation via volunteers. - Help line to provide emotional support for anyone affected by Parkinson’s to include family, friends and carers. We also provide tailored information about other services available to support individuals. Via the helpline one of our volunteers with many years of experience can also help with the application for benefits, blue badge, housing and other services. - We encourage people to become members of our Charity and hope they will feel part of our supportive community. - We provide a twice weekly exercise group via zoom. - We also have a monthly on-line quiz. - Our younger Guy’s group have stayed in touch via regular on-line quiz’s and meet ups when allowed. - We have started our walks in the park and meet three times a week in the Racecourse, a large local park. All trustees, whilst exercising their powers or duties, have complied and given due regard to guidance on public benefit published by the commission.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- ☐ policy on grantmaking;
- ☐ policy programme related investment;
- ☐ contribution made by volunteers.

Northants Parkinson's People is entirely run by volunteers. Volunteers provide:
Help Line support – replying to messages, providing emotional support and help with form filling etc.
Administrative duties required to keep accounts.
Administrative duties required to run the membership list.
Newsletter creation to include research, article writing, laying out artwork.
Emailing the newsletter to our recipients.
Making telephone friendship calls, keeping in touch.
Organising walks, attending, advertising and encouraging participation.
Nordic Walking training.
Quiz organising, preparation and presenting.
Fundraising: we are extremely lucky to have a fantastic fundraiser who grows plants to sell, makes jam, marmalade etc. We also have another volunteer who makes lovely cards to sell for our benefit. In addition, many of our members have donated and we have had additional donations from independent supporters and money donated in memory of loved ones.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Northants Parkinson's People achieved Charitable status on 19th March 2020, just before the country went into lockdown. This obviously has delayed us being in a position to address our objectives fully. However, we did invite all our contacts to join us twice weekly via zoom to exercise group. We also offered Saturday morning quizzes and the younger guy's group were able to continue to offer support to their members utilising zoom. We offered regular phone contact to everyone who receives the newsletter, and one volunteer manages these calls. During the summer and in between lockdowns we started up our walking groups again. At this point in time the walks have been available again since the beginning of May 2021. During lockdown we set up the Charity website, writing all the content and policies required, the website was launched in September, and we started to distribute advertising leaflets in November. From our website, newsletter and leaflets we offered further support via a help line which is managed by a volunteer. We also have facebook, Instagram and Twitter accounts.

We continue our support up to the end of our year still in lock down, but we are proud to have achieved:

- Monthly newsletters, which are entertaining, informative and positive. We regularly receive very positive feedback on our varied content.
- We have 235 recipients of the newsletter.
- Our website has had 670 plus visitors since launching.
- 15 Regular friendship calls are made weekly.
- Via the help line/facebook/advertising, we have supported 67 people affected by Parkinson's, 38 of these with general enquiries. In addition, we have helped 19 people with the application for attendance allowance, all receiving the higher amount. (This totals £88,524. Over a twelve-month period) 4 additional attendance allowance applications are waiting results. We have also helped 4 people to claim Personal Independence Payments to include supporting a client through to a court hearing and winning the case.
- We have 63 members currently and hope to increase this gradually.
- The exercise group welcomes 12 to 16 attendees twice per week.
- The on-line quiz also welcomes 12 to 16 people – a different group from the exercises.
- Our younger Guy's group has increased in numbers to 15 regulars, they have begun to meet again in person.
- We have started our walks in the park, meeting three times per week and learning how to use walking poles which is very beneficial for people with Parkinson's. We regularly have 6 – 8 regular walkers.

We are aware that not everyone needs or wants the same type of support which is why we have smaller groups catering for differing needs and hope to increase these when lockdown restrictions are fully lifted.

Section E

Financial review

Brief statement of the charity's policy on reserves

Northants Parkinson's People do not have a reserves policy. Due to lock down we have had minimal expenditure.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- ☐ the charity's principal sources of funds (including any fundraising);
- ☐ how expenditure has supported the key objectives of the charity;
- ☐ investment policy and objectives including any ethical investment policy adopted.

Northants Parkinson's People welcomes funds from the public and we have a donation page on the website. We do not work with a professional fundraise. Grant making is not how we carry out our charitable purposes.

Section F Other optional information

During this financial year we have not received any income from contracts or grant funding with central government or local authority.

During this financial year we have not received any income from outside of the UK or operated outside of England and Wales, nor did we spend any money outside of the UK or England and Wales.

We have no trading subsidiaries. None of our trustees received any remuneration or benefits other than expenses incurred.

During this financial year none of our trustees resigned to take up employment with the charity. The charity does not employ any staff. Excluding trustees the charity has four active volunteers, all trustees and eligible volunteers have had appropriate DBS checks as required. During this financial year the charity has not reviewed its financial controls.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Northants Parkinson's People

No (if any)
1188652

Receipts and payments accounts

For the period from	Period start date 3/19/2020	To	Period end date 4/30/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	7,650	-	-	7,650
Gift Aid	412	-	-	412
Sales Commission	134	-	-	134
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	8,196	-	-	8,196
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	8,196	-	-	8,196
A3 Payments				
Advertising	58	-	-	58
Postage	20	-	-	20
Travel Expenses	19	-	-	19
DBS Checks	30	-	-	30
Website Expenses	30	-	-	30
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	157	-	-	157
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	157	-	-	157
Net of receipts/(payments)	8,039	-	-	8,039
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	8,039	-	-	8,039

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Bank Account #	8,007	-
	Cash #	32	-
		-	-
	Total cash funds	8,039	-
	(agree balances with receipts and payments account(s))	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
			-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name

CC16a



Last year
to the nearest £

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**Endowment
funds**
to nearest £

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OK

**Endowment
funds**
to nearest £

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-
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**Current value
(optional)**

-
-
-

**Current value
(optional)**

-
-
-
-

**When due
(optional)**

Date of
approval
