



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			
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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 lockdown, 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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**Current value
(optional)**

-
-
-

**Current value
(optional)**

-
-
-
-

**When due
(optional)**

Date of
approval
