



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