



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	
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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 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				
7				
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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)

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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)	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