



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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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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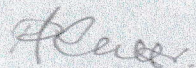
Other optional information

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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)		
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

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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