



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.
--	--	--

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			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
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)

--

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)	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