

POSITIVELY PARKINSON'S

England & Wales · Charity number 1205935

Details

Status Registered

Legal form CIO

Registered 2023-11-28

Register [View on the Charity Commission register](#)

Contact

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Keynor Lane
Sidlesham
Chichester
PO20 7NG

Phone 07525284460

Email info@positivelyparkinsons.co.uk

Website www.positivelyparkinsons.co.uk

Activities

Objects: THE OBJECT OF THE CIO IS THE PRESERVATION AND PROTECTION OF GOOD HEALTH AMONG PEOPLE SUFFERING FROM PARKINSON'S DISEASE, IN PARTICULAR BUT NOT EXCLUSIVELY BY: A) PROVIDING SUPPORT AND INFORMATION TO THOSE ADJUSTING TO A DIAGNOSIS OF PARKINSON'S, AND ALSO THEIR FAMILIES AND CARERS; B) PROMOTING THE IMPORTANCE OF KEEPING ACTIVE THROUGH THE PROVISION OF INFORMATION AND ACTIVITIES, INCLUDING PROVIDING OPPORTUNITIES TO PARTICIPATE IN APPROPRIATELY TAILORED ACTIVITIES WITHIN A WELL-SUPPORTED ENVIRONMENT; C) INCREASING AWARENESS OF WHAT PEOPLE WITH THE CONDITION CAN DO RATHER THAN CANNOT DO, PROMOTING AN HOLISTIC APPROACH TO MANAGEMENT OF THE CONDITION; D) INCREASING AWARENESS OF THE MENTAL HEALTH IMPLICATIONS OF PARKINSON'S ESPECIALLY ANXIETY AND DEPRESSION; E) PROVIDING INFORMATION TO THOSE WHO WORK OR LIVE WITH SOMEONE WITH PARKINSON'S TO ENABLE THEM TO REMAIN IN AN ACTIVE ROLE WITHIN SOCIETY.

Activities: Support those who are adjusting to a Parkinsons diagnosis, and those persons indirectly affected by a Parkinsons diagnosis through awareness and support events, promote the importance of keeping active through events which everyone can partake in. Support those affected to remain in work and living the best life possible by promoting a positive mindset.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Dorset
- East Sussex
- Hampshire
- Surrey
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£11,935	£4,225	-	-

Trustees

Name	Role	Appointed
Anya Starling	Chair	2024-01-11
Miles Selby		2025-05-01
Peter Burns		2024-01-11

POSITIVELY PARKINSON'S

England & Wales - Charity number 1205935

Accounts



Trustees' Annual Report for the period

From **28 November 2023**

To **31 March 2025**

Charity name: **Positively Parkinson's**

Charity registration number: **1205935**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<i>Positively Parkinson's charitable aim is to help those diagnosed with Parkinson's and similar neurological conditions, to adjust to life after diagnosis.</i>
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	<i>Being diagnosed can be life changing, but there is life after diagnosis and people can achieve remarkable things when given the right support, hope and opportunities with a positive mindset. Our aim is to provide comprehensive guidance, practical strategies and emotional support to help those affected and their families.</i>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<i>The Trustees of Positively Parkinson's CIO fully accept their responsibility to have due regard to the public benefit guidance as published by the Charity Commission and in particular to give assurances the charity is operating for the public benefit and trustees are acting in the interest of their charity and not for private benefit.</i>

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	
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	<i>The Charity's origin came from a challenge to swim the Solent from Gosport to Ryde on the Isle of Wight by a team of twelve swimmers, all with a connection with Parkinson's, raised funds for Cure Parkinson's research. Positively Parkinson's CIO is very much focussed on Positivity, Exercise, Wellbeing and Building a Support Network for those affected, together with their carers, family, friends, physios and medical support. We hold monthly "Walk and Talk" sessions for patients and carers which is a gentle one hour walk around local places of interest which gives them time to share experiences and to refresh and re-energise.</i>

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	£7410.92 <i>The initial period has been one of stabilisation and establishment. We have paid for a new website and rent for the office space. One major fundraising activity provided most of the income.</i>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<i>During the initial phase of establishing the charity, we have been in a period of consolidating and researching how we can best serve our community, rather than spending on projects.</i>
Amount of reserves held	Para 1.22	<i>£2000 as a minimum.</i>
Reasons for holding zero reserves	Para 1.22	<i>n/a</i>
Details of fund materially in deficit	Para 1.24	<i>n/a</i>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<i>n/a</i>

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	<i>Trust deed</i>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<i>CIO</i>
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	<i>Trustees are elected democratically with each current member having equal weighting. There will always be an odd number of trustees.</i>

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		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
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
Professional	Vicky Knight	5 Newbury Place, Warsash, Southampton SO31 9TH

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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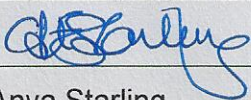
Other optional information

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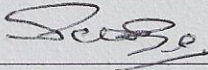
Declarations

The trustees declare that they have approved the trustees' report above.

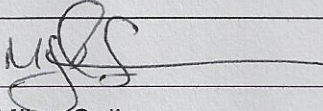
Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Anya Starling	
Position (eg Secretary, Chair, etc)	Chair	

Date 3 November 2025

Signature(s)		
Full name(s)	Peter Burns	
Position (eg Secretary, Chair, etc)	TRUSTEE	

Date 3 November 2025

Signature(s)		
Full name(s)	Miles Selby	
Position (eg Secretary, Chair, etc)	Trustee	

Date 3 November 2025



Positively Parkinson's Trustees' Summary of Income and Expenditure For the period 28 November 2023 to 31 March 2025

Positively Parkinson's is a registered charity established to support individuals living with Parkinson's through community initiatives, exercise programmes, education and wellbeing activities. In accordance with our governance responsibilities, the Trustees present this summary of income and expenditure for the period 28 November 2023 to 31 March 2025.

Financial Summary

Description	Amount (£)	
Total Income	£11,935.16	
Total Expenditure	£4,224.84	During this period, income was generated through fundraising events and donations. Expenditure relates to delivery of charitable activities, including programme costs, event expenses, operational support, and essential running costs necessary for the charity's activities.
Net Position	£7,710.32	
Assets	£0	

The charity held no fixed assets during this period. All funds remaining at the period end will be carried forward to support future charitable activities in alignment with our mission.

Trustee Statement

The Trustees confirm that:

- The financial information presented above is a true and accurate summary of the records maintained for the stated period.
- The charity has been managed in accordance with its constitution and charitable objectives.
- Funds have been applied solely in furtherance of the charity's purposes.

Trustee Signatures

Name	Date	Signature
Anya Starling		
Peter Burns		
Miles Selby		