

# NEURO WALKING FOOTBALL WORCESTERSHIRE

England & Wales · Charity number 1208593

## Details

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|             |                                                         |
|-------------|---------------------------------------------------------|
| Other names | MOVERS AND SHAKERS FC                                   |
| Status      | Registered                                              |
| Legal form  | CIO                                                     |
| Registered  | 2024-06-10                                              |
| Register    | <a href="#">View on the Charity Commission register</a> |

## Contact

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|         |                                                                                |
|---------|--------------------------------------------------------------------------------|
| Address | Flat 18<br>Crellin House<br>33 Priory Road<br>Malvern                          |
| Phone   | 07969464456                                                                    |
| Email   | <a href="mailto:moversandshakersfc@gmail.com">moversandshakersfc@gmail.com</a> |
| Website | <a href="http://moversandshakersfc.co.uk">moversandshakersfc.co.uk</a>         |

## Activities

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**Objects:** 1. FOR THE PUBLIC BENEFIT, TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF THOSE WITH PARKINSON'S OR OTHER NEUROLOGICAL CONDITIONS, PRIMARILY BY PLAYING WALKING FOOTBALL AND OTHER ASSOCIATED ACTIVITIES. 2. FOR THE PUBLIC BENEFIT, TO RELIEVE THE NEEDS OF THOSE WITH PARKINSON'S OR OTHER NEUROLOGICAL CONDITIONS AND THEIR FAMILIES/CARERS THROUGH PROVIDING OPPORTUNITIES TO ACCESS MUTUAL SUPPORT/ADVICE AND SHARE EXPERIENCES.

**Activities:** Neuro Walking Football Worcestershire is set up to support adults with Parkinson's or other neurological conditions, primarily by playing walking football and other associated activities, and to relieve the needs of those with Parkinson's or other neurological conditions and their families/carers by providing opportunities to access support/advice and share experiences.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Amateur Sport, Recreation
- **Who:** People With Disabilities

## Geography

- Worcestershire

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-12-31 | £10,155 | £11,319     | -      | -         |
| 2024-12-31 | £13,904 | £10,523     | -      | -         |

## Trustees

| Name              | Role  | Appointed  |
|-------------------|-------|------------|
| Simon Forrest     | Chair | 2024-06-10 |
| Christine Pearce  |       | 2024-06-10 |
| Edward Cochrane   |       | 2026-03-11 |
| Gary Blackham     |       | 2026-03-11 |
| Helen Ayling      |       | 2024-06-10 |
| Joanna Eastough   |       | 2024-06-10 |
| Michael Palmer    |       | 2026-06-10 |
| Michelle Grimshaw |       | 2026-06-10 |
| Robert Pearce     |       | 2024-06-10 |

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# Accounts

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## AGM 2026

### TRUSTEES REPORT

#### REPORT OF THE TRUSTEES FOR THE CALENDAR YEAR 2025

[Approved at the AGM held on 11<sup>th</sup> March 2026]

#### OBJECTIVES

Neuro Walking Football Worcestershire is a registered charity with the following objects:

##### “Objects

- 1) The objects of the CIO are:
  - For the public benefit, to promote and protect the physical and mental health of adults with Parkinson's or other Neurological Conditions, primarily by playing walking football and other associated activities.
  - For the public benefit, to relieve the needs of those with Parkinson's or other Neurological Conditions and their families/carers through providing opportunities to access mutual support/advice and share experiences.
- 2) The main area of activity of the CIO is Worcestershire.
- 3) Nothing in this Constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with the Charities Act 2011.”

#### ACTIVITIES AND ACHIEVEMENTS

The charity is a walking football club for people (both men and women) living with Parkinson's Disease or other neurological conditions. The background to the establishment of the Club is explained in the Report of the Trustees for the Calendar Year 2024. The club was registered as a CIO on 10<sup>th</sup> June 2024. The club is also registered with HMRC for Gift Aid and with Malvern Hills District Council for Small Society Lotteries. The club plays using the team name Movers and Shakers FC, a name which it adopted early in 2022.

The club is affiliated to the Worcestershire Football Association (the main benefits of which are club and officers liability and players personal injury insurance) and is also affiliated to the Walking Football Association (which also provides a modest level of personal injury insurance).

The club meets weekly at Claines Lane in Worcester for training. At the request of members play has been extended from one hour to an hour and a half. This is followed by a networking hour where members and their carers, spouses or partners can exchange information, experiences or advice. The club arranges periodic friendly matches with other impairment walking football teams in the region.

Since its establishment in 2022 the club has sent a team annually to the Cure Parkinson's Cup at St Georges Park and The Peoples Ford Walking Football Festival in Glasgow. In 2025 it also participated in the Ray Kennedy Cup. The Club also has occasional games (home or away) with other local walking football clubs for players with impairments. The Club also hosted an informal tournament of its own with other local clubs in memoriam of a player who had died.

In organising its activities, the trustees have regard to the Charity Commission's guidance on public benefit. Parkinson's Disease is a degenerative neurological condition which impacts significantly on the wellbeing of those living with this condition. It affects movement and balance and can have a wide range of other symptoms. Medical treatments impact only on symptoms, but exercise is the only modality which can influence the progression of the disease and have a greater impact on quality of life. Players report the importance of regular play and fellowship in maintaining wellbeing. Parkinson's is also frequently associated with depression because of the impact of the condition on ordinary activities and the isolation which it can engender. The club provides an environment which can counter isolation and encourage positive thinking.

NHS provision for Parkinson's Disease is variable and often poor. The ability to exchange experiences and receive advice from professionals through the Club's networking activities is extremely valuable and has a positive impact on members quality of life. It is likely also to have a positive impact upon the demand for publicly funded provision.

The Club took part in 2023 in a research project by Robert Gordon University which aimed to assess the Club's impact. It had been hoped that the report of this project would be published in 2025. Regrettably that has not been the case owing to internal changes at the university and it now appears unlikely that the project will result in any publication.

One of the Club's values is inclusivity. Membership does not depend upon experience or ability and the Club currently has members whose previous experience of playing football ranges from none at all to playing at professional or semi-professional level. This can present issues relating to the safety of play and this is something to which the Club has a special regard. The players are observed by the coach and the Club physio/welfare officer during play and the welfare of members is reviewed at each committee meeting.

In order to strengthen the relationship between members and between spouses and partners, social events are organised, some of which are also used for fundraising. These events do not involve the use of charity funds.

The club does not measure success by its competitive achievements. Nonetheless it is gratifying that at The People's Ford Walking Football Festival in Glasgow in November 2025, the team fielded by the Club achieved third place, an improvement on its fourth place the previous year.

## **STRUCTURE, GOVERNMENT and MANAGEMENT**

The CIO is managed by a committee of trustees who are appointed at the AGM or between general meetings by the committee in accordance with the CIO Constitution. The trustees at the date of the AGM were Simon Forrest (chairman), Chris Pearce (Secretary and Treasurer), Jo Eastough (Welfare Officer), Helen Ayling, Robert Pearce and Christopher Marshall. During the course of 2025 the trustees co-opted Mike Palmer, the Club's Coach, to the committee of trustees. These trustees remained in office until the AGM in March 2026.

Chris Pearce and Robert Pearce are connected persons as are Simon Forrest and Joanna Eastough. Joanna Eastough has a contract for the provision of specialist physiotherapy services to the Club. This contract is in writing, is reviewed annually, and complies with Charity Commission guidance relating to payments to trustees or connected persons. None of the trustees claimed expenses in 2025 for attendance at meetings, but some trustees received reimbursement for payments made to third parties to acquire goods or services on behalf of the Club. In making decisions the trustees have regard to Charity Commission guidance.

### **FINANCIAL REVIEW**

The club's main expenses are pitch and community room hire, physiotherapist services, and the cost of travel to major tournaments. The extension of playing time has had a significant impact on the Club's expenses increasing the cost of facilities hire and professional fees. The Club's fund raising activities raised less money in 2025 than in 2024 and subscription income dropped over the course of the year as some players were obliged to leave the Club because of the worsening of their condition. The Club's greatest financial risk is that it might be unable to recruit new members to replace those leaving.

The club's policy continues to be to keep subscriptions at the lowest level compatible with sound financial management: meeting current and anticipated future costs and establishing a reserve sufficient to meet between six- and twelve-months anticipated expenditure. Because the Club has established a sufficient reserve no increase in subscriptions is planned for the first part of 2026, but the Club is aware that this decision will need to be reviewed during the course of the year as actual income and expenditure becomes apparent.

### **ADMINISTRATIVE DETAILS**

Neuro Walking Football Worcestershire is registered with the Charity Commission as a Charitable Incorporated Organisation, registration no: 1208593. Address: Flat 18, Crellin House, 33 Priory Road, Malvern, WR14 3DR.

# FINANCIAL OUTCOME 2025 AND BUDGET 2026

NWFW/AGM/P2/26

|                                 | Unrestricted Funds | Restricted Funds | Total Funds   |
|---------------------------------|--------------------|------------------|---------------|
| <b>Receipts:</b>                |                    |                  |               |
| Membership fees                 | 8836               |                  | 8836          |
| Donations (Gift Aided)          | 150                |                  | 150           |
| Donations (Not Gift Aided)      |                    | 500              | 500           |
| Fundraising                     | 100                |                  | 100           |
| Contribution to activities      |                    | 569              | 569           |
| <b>Total</b>                    | <b>9086</b>        | <b>1069</b>      | <b>10155</b>  |
| <b>Payments:</b>                |                    |                  |               |
| Affiliation fees:               |                    |                  |               |
| Worcestershire FA               | -250               |                  | -250          |
| Walking FA                      | -80                |                  | -80           |
| Facilities hire                 | -2827              |                  | -2827         |
| Professional fees and expenses: |                    |                  |               |
| Physio                          | -3075              |                  | -3075         |
| Referee                         | 0                  |                  | 0             |
| Training                        | -105               |                  | -105          |
| Equipment and kit               | -469               | -515             | -984          |
| Office costs                    | -67                |                  | -67           |
| Refreshments                    | -403               |                  | -403          |
| Attendance at Tournaments:      |                    |                  |               |
| Cure Parkinson's Cup            | -659               |                  | -659          |
| Glasgow Festival                | -1995              |                  | -1995         |
| Miscellaneous:                  |                    |                  |               |
| Xmas dinner                     | -254               | -407             | -661          |
| Gift for Louise                 |                    | -140             | -140          |
| Other                           | -66                | -7               | -73           |
| <b>Total</b>                    | <b>-10250</b>      | <b>-1069</b>     | <b>-11319</b> |

## FINANCIAL OUTCOME 2025 AND BUDGET 2026

NWFW/AGM/P2/26

|                                     |       |   |       |
|-------------------------------------|-------|---|-------|
| TOTAL BALANCE OF RECEIPT & PAYMENTS | -1164 | 0 | -1164 |
|-------------------------------------|-------|---|-------|

|                                           |  |         |
|-------------------------------------------|--|---------|
| BANK BALANCE as at 31st December 2025     |  | 8466.89 |
| CASH as at 31st December 2025             |  | 40.48   |
|                                           |  |         |
| TOTAL CLUB FUNDS as at 31st December 2025 |  | 8507.37 |
| of which DESIGNATED BURSARY FUND          |  | 215.00  |



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# Accounts

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## TRUSTEES REPORT

### REPORT OF THE TRUSTEES FOR THE CALENDAR YEAR 2024

Approved at the AGM held on 29th January 2025

Neuro Walking Football Worcestershire is a registered charity with the following objects:

#### **“Objects**

- 1) The objects of the CIO are:
  - For the public benefit, to promote and protect the physical and mental health of adults with Parkinson's or other Neurological Conditions, primarily by playing walking football and other associated activities.
  - For the public benefit, to relieve the needs of those with Parkinson's or other Neurological Conditions and their families/carers through providing opportunities to access mutual support/advice and share experiences.
- 2) The main area of activity of the CIO is Worcestershire.
- 3) Nothing in this Constitution shall authorise an application of the property of the CIO for purposes which are not charitable in accordance with the Charities Act 2011.”

The charity is a walking football club for people (both men and women) living with Parkinson's Disease or other neurological conditions. The club was established in January 2022 as an initiative by Issey Lee Fisher, then a final year student at the University of Worcester, as part of her degree studies. The club was registered as a CIO on 10<sup>th</sup> June 2024. The club is also registered with HMRC for Gift Aid and with Malvern Hills District Council for Small Society Lotteries. The club plays using the team name Movers and Shakers FC, a name which it adopted early in 2022.

The club is affiliated to the Worcestershire Football Association (the main benefits of which are club and officers liability and players personal injury insurance) and is also affiliated to the Walking Football Association (which also provides a modest level of personal injury insurance). Walking football is a relatively new sport and there is not currently a single regulatory body prescribing rules for the game. In this respect the club has found the rules developed by the Scottish Walking Football Association helpful in facilitating safe play between players with differing levels of skill, fitness and impairment.

The CIO is managed by a committee of trustees who are appointed at the AGM or between general meetings by the committee in accordance with the CIO Constitution. The trustees at the date of the club's registration as a CIO were Simon Forrest (chairman), Chris Pearce (Secretary and treasurer), Jo

Eastough, Helen Ayling, Robert Pearce and Christopher Marshall. These trustees remained in office until the AGM in January 2025.

Chris Pearce and Robert Pearce are connected persons as are Simon Forrest and Joanna Eastough. Joanna Eastough has a contract for the provision of specialist physiotherapy services to the club. This contract is in writing, is reviewed annually, and complies with Charity Commission guidance relating to payments to trustees or connected persons. None of the trustees claimed expenses in 2024 for attendance at meetings, but some trustees received reimbursement for payments made to third parties to acquire goods or services on behalf of the club. In making decisions the trustees have regard to Charity Commission guidance, including that related to public benefit.

The club meets weekly at Claines Lane in Worcester for an hour's play, followed by a networking hour where members and their carers, spouses or partners can exchange information, experiences or advice. The club arranges periodic friendly matches with other impairment walking football teams in the region and with Parkinson's Pioneers. Since its establishment in 2022 the club has sent a team annually to the Cure Parkinson's Cup at St Georges Park and The Peoples Ford Walking Football Festival in Glasgow. In both 2022 and 2023 it organised its own regional tournament, but it was unable to do so in 2024 because of the unavailability of suitable facilities.

The club's main expenses are pitch and community room hire, physiotherapist services, and the cost of travel to major tournaments. The club experienced unexpected increases in its facilities hire charges in both 2023 and 2024 and the possibility of further increases represents one of the club's greatest financial risks, particularly since Worcester City FC has announced that it proposes to move from this venue to Six Ways, Worcester (a site already used by Worcester City Women FC).

The club's policy is to keep subscriptions at the lowest level compatible with sound financial management: meeting current and anticipated future costs and establishing a reserve sufficient to meet between six and twelve months anticipated expenditure. The club was obliged to raise subscriptions substantially following an unexpected significant increase in its facility charges, but at the same time it designated a generous donation from a third party as a bursary fund which can and has been used to subsidise the subscription of members who are unable to afford the full rate. Buoyant recruitment of members in 2024 has enabled reserves to accumulate to a satisfactory level. Since Parkinson's is degenerative condition, a higher turnover of members has to be expected than would be the case with adults without any impairment, and it is therefore prudent to be cautious about subscription income. Nevertheless, it is anticipated that, barring any unexpected financial shock, it should not be necessary to increase subscriptions for or during 2025.

There is very little publicly available support for those living with Parkinson's and related neurological conditions. The club is positioned to help to fill this gap. The club's activities promote regular exercise by members. This is generally acknowledged as having a beneficial impact on the health and wellbeing of participants. Parkinson's is also frequently associated with depression because of the impact of the condition on ordinary activities and the isolation which it can engender. The club provides an environment which can counter isolation and encourage positive thinking. The opportunity for members, their spouses, partners and carers, to share experiences, information and advice, also has a positive impact for all those involved. The club has taken part in a research project by Robert Gordon University which aims to assess the club's impact. It is hoped that the report of this project will be published in 2025. In order to strengthen the relationship between members and between spouses and partners, social events are organised, some of which are also used for fundraising. These events do not involve the use of charity funds.

The club meets during ordinary working hours, which serves the needs of its members, most of whom

are retired. In an endeavour to extend the benefits of the club to people of working age, the club trialled running evening sessions at the Football Factory in Redditch. Regrettably, despite the best efforts to promote this, there was insufficient response to make this viable, and the initiative, begun in 2023, had to be discontinued in 2024.

The club does not measure success by its competitive achievements. Nonetheless it is gratifying that at The People's Ford Walking Football Festival in Glasgow in November 2024, the team fielded by the club achieved fourth place, a significant improvement on its bottom place the previous year.

The club's plans for 2025 include participation in the national Parkinson's tournaments in England and Scotland and the organisation of its own regional tournament.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
SURO WALKING FOOTBALL WORCESTERSHIRE

No (if any)  
1208593

## Receipts and payments accounts

CC16a

For the period  
from

Period start date

To

Period end date

### Section A Receipts and payments

|                                                           | Unrestricted funds<br>to the nearest £ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|-----------------------------------------------------------|----------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                        |                                        |                                      |                                     |                                 |                               |
| Membership fees                                           | 9,970                                  | -                                    | -                                   | 9,970                           | -                             |
| Donations (Gift Aided)                                    | 304                                    | -                                    | -                                   | 304                             | -                             |
| Donations (Not Gift Aided)                                | 10                                     | -                                    | -                                   | 10                              | -                             |
| Fund Raising                                              | 1,672                                  | -                                    | -                                   | 1,672                           | -                             |
| Contribution to Activities                                |                                        | 1,948                                | -                                   | 1,948                           | -                             |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b> (Gross income for AR)                    | 11,956                                 | 1,948                                | -                                   | 13,904                          | -                             |
| <b>A2 Asset and investment sales,<br/>(see table).</b>    |                                        |                                      |                                     |                                 |                               |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                          | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Total receipts</b>                                     | 11,956                                 | 1,948                                | -                                   | 13,904                          | -                             |
| <b>A3 Payments</b>                                        |                                        |                                      |                                     |                                 |                               |
| Affiliation Fees                                          | 325                                    | -                                    | -                                   | 325                             | -                             |
| Facilities Hire                                           | 2,652                                  | -                                    | -                                   | 2,652                           | -                             |
| Professional Fees                                         | 2,775                                  | -                                    | -                                   | 2,775                           | -                             |
| Equipment and Kit                                         | 473                                    | -                                    | -                                   | 473                             | -                             |
| Office Costs                                              | 115                                    | -                                    | -                                   | 115                             | -                             |
| Refreshments                                              | 318                                    | 388                                  | -                                   | 706                             | -                             |
| Attendance at Tournaments                                 | 1,509                                  | 1,435                                | -                                   | 2,944                           | -                             |
| Miscellaneous                                             | 408                                    | 125                                  | -                                   | 533                             | -                             |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                          | 8,575                                  | 1,948                                | -                                   | 10,523                          | -                             |
| <b>A4 Asset and investment<br/>purchases, (see table)</b> |                                        |                                      |                                     |                                 |                               |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
|                                                           | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                          | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Total payments</b>                                     | 8,575                                  | 1,948                                | -                                   | 10,523                          | -                             |
| <b>Net of receipts/(payments)</b>                         | 3,381                                  | -                                    | -                                   | 3,381                           | -                             |
| <b>A5 Transfers between funds</b>                         | -                                      | -                                    | -                                   | -                               | -                             |
| <b>A6 Cash funds last year end</b>                        | 6,289                                  | -                                    | -                                   | 6,289                           | -                             |
| <b>Cash funds this year end</b>                           | 9,670                                  | -                                    | -                                   | 9,670                           | -                             |

## Section B Statement of assets and liabilities at the end of the period

| Categories           | Details                                                | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|----------------------|--------------------------------------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b> | Bank balance                                           | 8,565                              | -                                | -                               |
|                      | Cash                                                   | 1,105                              | -                                | -                               |
|                      |                                                        | -                                  | -                                | -                               |
|                      | <b>Total cash funds</b>                                | <b>9,670</b>                       | <b>-</b>                         | <b>-</b>                        |
|                      | (agree balances with receipts and payments account(s)) | OK                                 | OK                               | OK                              |

|                                 | Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| <b>B2 Other monetary assets</b> |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |

|                             | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|---------|-----------------------------|-----------------|--------------------------|
| <b>B3 Investment assets</b> |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |

|                                                     | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------------------------------|---------|-----------------------------|-----------------|--------------------------|
| <b>B4 Assets retained for the charity's own use</b> |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |
|                                                     |         |                             | -               | -                        |

|                       | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|---------|---------------------------------|-----------------------|---------------------|
| <b>B5 Liabilities</b> |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|-----------|------------|------------------|
|           |            |                  |
|           |            |                  |