



## *Parkinson's Self Help Group.*

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# **Parkinson's Self-help Group (Motherwell) Scottish Registered Charity SC033643 Annual Report & Financial Statements For Year-ending 31<sup>st</sup> March 2021**

**PARKINSON'S SELF-HELP GROUP (MOTHERWELL) SCOTTISH REGISTERED CHARITY SC033643 ANNUAL REPORT & FINANCIAL STATEMENTS FOR YEAR-ENDING 31<sup>ST</sup> MARCH 2021**

**GOVERNING DOCUMENT**

Parkinson's Self-Help Group (Motherwell Area) is an incorporated Scottish Charity, Registered from 17<sup>th</sup> June 2002, its governed by its constitution.

**APPOINTMENT OF TRUSTEES**

The Trustees are those appointed on the establishment of the Trust, with two additional trustees being appointed. Trustees will hold office until conclusion of the second year and at the general meeting be eligible for re-election to the post from which they have demitted office.

**CURRENT TRUSTEES**

	Position	Date
	Chairperson	04.06.2019
	Treasurer	04.06.2019
	Secretary	04.06.2019
	Members	04.06.2019
		04.06.2019
		04.06.2019
		04.06.2019

**CONTACT ADDRESS**

Suite 2-12 Dalziel Business Park  
7 Scott Street  
Motherwell  
Lanarkshire

**CHARITABLE PURPOSES**

**OUR AIM:**

To promote awareness of the Parkinson's condition and of the work carried out by Carers. We aim to empower members by involvement in decision making within the group and to relieve stress and discomfort of our members and combat social exclusion, isolation and depression. We also promote interest and participation in social and educational activities regardless of age, race, gender, religious belief or sexual orientation.

**OUR OBJECTIVE:**

To create a happy and safe atmosphere where both those with Parkinson's and their Carers' can feel supported. We encourage our Carers and their Cared For to enjoy this service together in a relaxed and friendly atmosphere, and to improve their quality of life through gentle exercise, complimentary therapies, adult learning and social activities.

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**SUMMARY OF THE MAIN ACTIVITIES IN RELATION TO THESE OBJECTIVES-**

Parkinson's Self-Help Group (Motherwell) Area provides a **free** membership to a weekly drop-in where both those with Parkinson's and their Carers can come to share their experiences with others who are facing the same problems. They can access **free** relevant information and advice on the Parkinson's condition and they also have access to confidential support regarding signposting to benefit checks etc., From time to time **complimentary** therapies are available depending on funding. Covid 19 rules permitting members can also enjoy outings and away days where they feel socially included.

**CURRENT YEAR ACTIVITIES**

We are actively continuing to highlight awareness of the Parkinson's condition and our Parkinson's Support Group by holding various outreach events in hospitals and clinics in the area. We also plan to continue to organize a few fundraising events

However, because of the current Covid19 pandemic restrictions we are not allowed to carry out any of these plans or to meet at our usual drop-in facility.

Due to previous I.T., classes provided by NLC funding, our members have laptops or Ipads and this has allowed us to meet virtually on a weekly basis on our normal drop-in day. Meeting in this way has helped alleviate some of the feelings of isolation and loneliness and allowed us to share any concerns. It has also uplifted those members who have enjoyed our virtual exercise/bingo sessions provided by the development worker.

**FINANCIAL REVIEW**

Total income for the year was £36,982, (19/20 £30,664) which mainly consisted Restricted Grant income of £34,742, from North Lanarkshire Council (NLC), Carers Strategy Annual Funding for salary and Rent , and NLC Development fund. This income can be seen in more detail on note 4 The group also received £2,240 in donations of which £1,000 was restricted and the remaining £1,240 can be spent on the further enhancement of the group's charitable activities, you can see this broken down in note 5.

The total expenditure for the year was £31,631, (19/20 £35,474) total restricted charitable costs amounted to £31,531 unrestricted £100, a breakdown of these costs can be seen on page 7 of this report.

At the end of the year the Group had a Surplus of £5,351 (19/20 Surplus £4,811). Total Reserves at the end of the Year were £21,775, restricted reserves were £18,602 unrestricted reserves were £3,173, which is greater than the target amount.

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**FUTURE PLANS**

Our recommendation for this incoming year was that we as a group would continue to work diligently to increase the awareness of the **Parkinson's** condition and our **Support Group** by further outreach at hospitals clinics etc., and allow us to deliver therapies and outings for the members.

Our future plans are to carry on with the above awareness and fundraising events when Covid restrictions are relaxed, and we look forward to being able to meet again at our weekly drop-in and hopefully welcome some new members.

**RESERVES POLICY**

The Trustee's policy is to maintain restricted reserves of around £8,868 this is 3 months of normal running costs in order to meet commitments and cover any unexpected expenditure. Reserves at the end of the Year were £21,775, restricted reserves were £18,602 unrestricted reserves were £3,173.

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**RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2021**

	Not e	Unrestricted Funds £	Restricted Funds £	2021 Total funds £	2020 Total funds £
<b>RECEIPTS</b>					
Grant Income	4	-	34,742	34,742	29,650
Fundraising & Donations	5	1,240	1,000	2,240	1,014
<b>TOTAL RECEIPTS</b>		1,240	35,742	36,982	30,664
<b>PAYMENTS</b>					
Total Charitable Costs	6	100	31,531	31,631	35,320
Total Governance Costs	7	-	-	-	154
<b>TOTAL PAYMENTS</b>		100	31,531	31,631	35,474
<b>SURPLUS/(DEFICIT) FOR THE YEAR</b>		<b>1,140</b>	<b>4,211</b>	<b>5,351</b>	<b>4,811</b>

**STATEMENT OF BALANCES AS AT 31 MARCH 2021**

	Unrestricted Funds £	Restricted Funds £	2021 Total funds £	2020 Total funds £
<b>OPENING CASH AT BANK (01.04.20)</b>	1,837	14,391	16,228	21,050
Opening cash in hand (01.04.20)	196		196	184
Opening balances bfw (01.04.20)	2,033	14,391	16,424	21,234
Surplus/(Deficit) for the year	1,140	4,211	5,351	4,811
	<b>3,173</b>	<b>18,602</b>	<b>21,775</b>	<b>16,424</b>
 Closing cash at bank (31.03.21)	 3,118	 18,602	 21,720	 16,228
Closing cash in hand (31.03.21)	55		55	196
<b>CLOSING BALANCES CFWD (31.03.21)</b>	<b>3,173</b>	<b>18,602</b>	<b>21,775</b>	<b>16,424</b>

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**NOTES TO ACCOUNTS**

**1. BASIS OF ACCOUNTING**

These accounts have been prepared on the receipts and Payments Basis in accordance with the charities and Trustee investment (Scotland) Act 2005 and the charities Accounts (Scotland), Regulations 2006(as amended)

**2. NATURE AND PURPOSE OF FUNDS**

The majority of the funding is restricted grant income which comes from North Lanarkshire Council to pay for one salaried staff member and a proportion of the rent and running costs. There was also some unrestricted donation income which can be spent on further enhancing the groups charitable activities.

**3. RELATED PARTY TRANSACTIONS**

There was no remuneration paid to trustees or to any connected persons during the year. There were no expenses paid to trustees or connected persons during the year.

**4. GRANTS**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>2021 Total funds £</b>
NLC Carers Strategy Annual Funding	-	23,716	23,716
NLC Council Grant Award	-	3,999	3,999
NLC Development Fund	-	327	327
Awards 4 All	-	6,700	6,700
<b>TOTAL</b>	<b>-</b>	<b>34,742</b>	<b>34,742</b>

**5 FUND RAISING & DONATIONS**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>2021 Total funds £</b>
Persimmon	-	1,000	1,000
C. Docherty (Memorial)	1,240	-	1,240
<b>TOTAL</b>	<b>1,240</b>	<b>1,000</b>	<b>2,240</b>

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**6 COST OF CHARITABLE ACTIVITIES**

	Unrestricted	Restricted	2021
	Funds	Funds	Total
	£	£	funds
	£	£	£
Salaries	-		
HMRC Payments	-	4,390	4,390
bank Charges	-	60	60
Outings and social events	-	895	895
Rent and property costs	-	5,640	5,640
Insurance	-	654	654
Capital Costs	-	1,001	1,001
Telephone, stationery & computer consumables	-	531	531
Sundry expenses	100		100
<b>TOTAL</b>	<b>100</b>	<b>31,531</b>	<b>31,631</b>

**7 FIXED ASSET POLICY**

The charity establishes £400 as the threshold amount for minimum when adding assets to Fixed Asset register. All items of a capital nature are expensed in the Receipts and Payments accounts. All assets held by the charity are extremely old and have no resale or current market value.

	2021	2020
	£	£
Computers	1,001	-

**8 EMPLOYEE LOAN**

Staff Loan terms and repayment of the loan have to be decided by the group the amount outstanding as at (31.03.2021) was £2428.

**9 HMRC & WAGE PAYMENTS**

The group has one staff member and they have unresolved technical issues submitting their tax to HMRC online, this has resulted in overpayment of employer's national contribution as the allowance appears to be deducted on HMRC year-end return and the group have made an overpayment. The group has now contacted HMRC and are actively trying to resolve this issue.

**ESTIMATED HMRC 20/21**

Owed To HMRC  
Paid to HMRC

-£1,960.05

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Employers Nic	1680.48
Variance	<u>279.57</u>
	<u>1960.05</u>

The notes on pages 6 and 7 form an integral part of these accounts

The Trustee Annual report and balance of funds are Approved by the trustees on

Receipts & Payments accounts and Statement of balance are Approved by the trustees on:-

Signed.....

Chairperson

Date.....

28/11/22

Signed...

Treasurer

Date.....

28/11/22



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**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES** I report on the accounts of the charity for the year ended 31/03/2021, which are set out on page 5 to 8

**RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER**

the charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Charities Accounts (Scotland) Regulations 2006 does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

**BASIS OF INDEPENDENT EXAMINER'S STATEMENT** My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

**INDEPENDENT EXAMINERS' STATEMENT** In the course of my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that, in any material respect, the requirements

- to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations
- have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed:.....

Finance Offi

Professional Qualification : MAAT AATQB

Address: Voluntary Action North Lanarkshire  
90 Brandon Parade East  
Motherwell  
ML1 1LY

Date:-14/12/2022