

**SCOTLAND ANNUAL ACCOUNTS
AND
TRUSTEES REPORT 2018- 2019**



**Improving Life for
All Affected by Parkinson's**

www.parkinsonscare.org.uk

Scotland Charity Registration No. SC048881

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 02 JULY 2019

PARKINSON'S CARE AND SUPPORT UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees Mr Paul Silly (Chairman)

Charity Number SC048881

Registered office PCSUK
PO BOX 3251
MITCHAM
SURREY
CR4 9EN

Principal address PCSUK
PO BOX 325
MITCHAM
SURREY

Independent Examiner Isaac Darkwa
Supreme Class Limited
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19 Deer Park Road
South Wimbledon
SW19 3UX

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Leicester
LE87 2BB

PARKINSON'S CARE AND SUPPORT UK

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PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT

FOR THE YEAR ENDED 2 JULY 2019

The Charity Registration number is SC048881.

Structure, Governance and Management

The Charity is governed by a Board of Trustees which make all medium and longer- term strategic decisions. Day to day running of the Charity is overseen by the Chairman and his trustees. This team of trustees are responsible for the delivery of the long-term strategy of this Charity.

Each Trustee appointed or whose appointment is approved or ratified by the charity in a general meeting will have an initial three-year term of office. There an option of renewal for a further three years by agreement between them. July 2021 will mark the end of the first term for each trustee to be considered for reappointment. This is done by means of recruitment process that will be carried out to replace the members of the Board if required, or to appoint additional board members.

In 2017 Mr Paul Silly, Miss Debbie Morgan, Mr Paul Morgan and Mr Kovi Noukounou having being carers with people with Parkinson's disease, identified a significant gap in the Parkinson's community and Parkinson's Care and Support UK (PCSUK) was registered to address these issues. PCSUK was officially registered in Scotland on 03 December 2018 with Paul Silly as Chairman.

Strategy and activities

Services and Core Activities

The Charity objectives and principal activities are to promote natural and alternative treatments and therapies for the improvement of physical health and wellbeing for all people affected by Parkinson's diseases and their families throughout the UK. This is done by providing: Parkinson's Specialist Exercise Classes at specific venues and online, home-based Neurological Physiotherapy treatments, Respite Care to support family carers of beneficiaries, information, advice and support on diet, nutrition and all complementary and alternative treatments for Parkinson's disease , social and wellbeing excursions for beneficiaries and their careers and by funding non-pharmaceutical research into the study of the prevention, better treatments and a cure for Parkinson's disease and Parkinsonism.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Strategy and activities

Services and Core Activities (continued)

Although PCSUK actively invest in tomorrow, by funding non-pharmaceutical research into how it can slow down, reverse or even prevent Parkinson's, they are mindful that thousands of people living with the condition need real support today. PCSUK strive to create a world where people are no longer limited by the effects of Parkinson's disease.

2018/19 has been a phenomenal first year of service delivery for PCSUK. Within the first 7 months of operating, the charity has made exceptional progress with our home-based Neurological Physiotherapy services, which is designed to improve mobility, reduce falls, create independence and improve life for those affected by Parkinson's disease. At PCSUK, we believe that everyone with Parkinson's has the right to access physical support, regardless of where they live or how advanced their condition is, therefore PCSUK provide home-based physiotherapy for people living with Parkinson's. Our home physiotherapy has proved to benefit many people with Parkinson's disease, there has been improvement in beneficiary's physical health and ability to carry out daily activities.

The home-based Neurological Physiotherapy service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain suitability and to create a personalised support plan PCSUK uses an in-house scoring process to determine the success of stage one of the applications. The charity always uses one of our qualified Neurological Physiotherapists to carry out stage two (the home assessment).

From December 2018 to July 2019, PCSUK has provided home-based Neurological Physiotherapy to 51 people across the UK living with Parkinson's, over that period the total cost of our home physiotherapy amount to £22,033.33.

Our home physiotherapy has proved to improve confidence and independence. Many people with Parkinson's disease have reported a significant improvement with their symptoms whilst benefitting from our home-based physiotherapy. We are expanding our service in order to benefit more people with Parkinson's in the next few months.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Respite Care

From December 2018 to July 2019, PCSUK has been working with Parkinson's Specialist Carers to provide Respite Care for family carers of those living with Parkinson's disease throughout the UK. PCSUK understand that caring for a loved one with Parkinson's can be an extremely difficult task and carers often struggle to find time for themselves. Parkinson's Care and Support UK's Respite Care service is designed to give family carers up to 4 hours respite in one day, allowing the carer to take time for rest and recuperation, wellness, exercise, health and social activities. These services have been very well received by the Parkinson's community and has proved to be very popular. We started the year providing respite for 5 families and finished with 12 families in July, which amount to £20,666. As many families' carers are seeking more respite care, we are committed to expand our services in the coming years.

The Respite Care service is awarded after a two-stage application process is successfully completed. This includes a home-visit to the beneficiary's house to ascertain level of need, suitability and to create a personalised respite care plan. PCSUK uses an in-house scoring process to determine the success of stage one of the application form. The charity always uses one of our certified care providers to carry out stage two (the home assessment).

Exercise classes

Research has shown that exercise can slow down the progression of Parkinson's and is essential in everyone life, especially in people with Parkinson's so our exercise classes provide great physical and mental benefits for people with Parkinson's and their carers.

Between December 2018 and July 2019, PCSUK launched its Parkinson's Specialist Exercises Classes across the UK. The provision of free exercise classes for people with Parkinson's is one of our core services. The charity is the first of its kind to provide free specialist exercise classes face to face across the UK and online. The type of classes provided include: Parkinson's move and Shout, Parkinson's Multimodal, Parkinson's Tai Chi, Parkinson's Qigong, Parkinson's Yoga and Mindfulness Yoga. Within the first 7 months, we sourced 9 venues across the UK where our classes could be run from and made formal agreements to secure these. Over the term we have spent £12,533.00 on exercise classes which has helped over 88 people. Our classes have been transforming lives and are continuing to help those affected with Parkinson's by improving their balance, increasing mobility, strengthening muscles, improving flexibility, gait and mental health. We have seen a big demand for our exercise classes across the UK and so we are committed to creating 20 new classes each year.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Social events and excursions

During December 2018 to July 2019, PCSUK spent time researching and planning new social events for people with Parkinson's. These events were designed to improve wellbeing, reduce loneliness and isolation. Partners of those with Parkinson's are welcome to such events. The charity will continue to raise funds to support these events, which will include art classes, trips to national parks and sensory gardens and music therapy classes. We hope to launch these in 2020.

Non-pharmaceutical research

The charity's short-term goal is to continue to grow support for non-pharmaceutical research, including launching a public appeal to raise £1 million by 2023. In September 2020, we plan to open our first small grants scheme. The Preventing Parkinson's Grant Fund will provide funding towards research projects that are focussed on the prevention of Parkinson's disease.

We will ensure we make the most of every pound year-on-year and aim to ensure that, on average, at least 80p from every £1 goes to charitable activity. We aim to develop a strong brand and identity which supports our core values and beliefs around natural remedies and treatments for Parkinson's disease.

CBT Helpline

People often think that Parkinson's only affects you physically. This couldn't be further from the truth. Sadly, Parkinson's disease can have a big impact on one's mental wellbeing and anxiety and depression are common non-motor symptoms of people living with Parkinson's.

PCSUK will be developing a new CBT (Cognitive Behavioural Therapy) Helpline in 2021 to offer therapy across the UK to people with Parkinson's who are living with anxiety or depression. This helpline will be extended to their family carer. The charity has a fundraising campaign to raise £200,000 to fund the helpline for the first year and includes the employment costs of 3 CBT Therapists and start-up costs. Our aim of the Helpline is to reduce isolation, anxiety and depression amongst people with Parkinson's, to reduce suicide rate amongst people with Parkinson's and to improve quality of life.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Fundraising Activities

During December 2018 to July 2019, PCSUK raised £85,634.52 from fundraising events and activities and from individual donors.

Small donor cultivating dinners and events were held 3 times within 8 months period of 2018-2019, which resulted in 90% of the charity's income between December 2018 and July 2019. The charity has also received donations from social media fundraising such as Facebook Birthday Donations, individual fundraisers taking part in sponsored events such as parachute jumps, walks and cycling events. The charity received no grants during December 2018 to July 2019.

Our Impact

On behalf of the beneficiaries of PCSUK, their families and the staff and volunteers at the charity, PCSUK will always be grateful for your support. We are grateful that an increasing number of individuals are aligning themselves with our mission and are helping fund what we do with our resources and how we maximise our impact is of great importance to PCSUK.

PARKINSON'S CARE AND SUPPORT UK

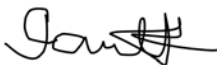
TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Examples of the Impact we are making

- 15 new exercise classes created between 2018-2019
- For every exercise class held, we improve the lives of around 50 people affected by Parkinson's.
- For every £1 you give to PCSUK, almost a ¼ is spent on exercise classes across the UK
- We have funded respite care for up to 12 family carers during December 2018- July 2019
- We have funded home-based Neurological Physiotherapy for 51 people living with Parkinson's throughout the UK, improving physical mobility, health and quality of life.
- For every person with Parkinson's who benefits from home physiotherapy, their risk of falls is reduced
- We have raised the profile of family carers of those with Parkinson's and continue to do so
- We aim to improve the mental wellbeing of people with Parkinson's and their family carers and are developing a new CBT (Cognitive Behavioural Therapy) Helpline for people with Parkinson's suffering from anxiety and depression.
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers
- For every £1 you give to PCSUK, 88p goes directly to fund our core services and programs
- Every £1 invested in fundraising activities generates an amazing £6.43 for the charity.
- We listened to and involve people with Parkinson's in our work so that we can deliver the services that our beneficiaries want and need

Signed by the order of the Trustee



Mr Paul Silly
Trustee (Chairman)

Date: 25 July 2019

PARKINSON'S CARE AND SUPPORT UK

(LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 2 July 2019.

Responsibilities and basis of report

As the trustees of the charitable incorporated organisation you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('**the 2006 Act**').

Having satisfied myself that the accounts of the charitable organisation are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

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 include consideration of any unusual items or disclosures in the accounts and seek explanations from the trustee concerning any such matters. The procedure 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 accounts.

PARKINSON'S CARE AND SUPPORT UK

(LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT (continued)

TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

In the course of my examination, no matter has come to my attention (other than that disclosed on the attached page)

1. Which gives me reasonable cause to believe that in any material respect the requirement
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 regulations 9 of the 2006 Accounts Regulation have not been met or
2. To which in my opinion, attention should be drawn in order to enable a proper underling of the accounts to be reached.

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SW19 3UX

PARKINSON'S CARE AND SUPPORT UK
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 2 JULY 2019

		unrestricted funds	Designated funds	restricted funds	year ended 02 July 2019
		£	£	£	£
Income from					
Donations and legacies	3	6,755.13	0.00	0.00	6,755.13
charitable activities	4	78,879.39	0.00	0.00	78,879.39
Total income		<u>85,634.52</u>	0.00	0.00	<u>85,634.52</u>
Expenditure on:					
Raising funds		2,142.00	0.00	0.00	2,142.00
Charity Activities		55,233.00	0.00	0.00	55,233.00
Support cost (note 8)		18,665.93	0.00	0.00	18,665.93
Admin activities (note 9)		8,714.97	0.00	0.00	8,714.97
Total expenditure		<u>84,775.90</u>	0.00	<u>0.00</u>	<u>84,775.90</u>
Net income		85,634.52	0.00	0.00	85,634.52
Net Expenditure		84,775.90	0.00	0.00	84,775.90
Net movement in funds		<u>878.62</u>	0.00	<u>0.00</u>	<u>878.62</u>
Fund balances at start of period 03 December 2018		0.00	0.00	0.00	0.00
Fund balances at end of period (02 July 2019)		<u>878.62</u>	0.00	0.00	<u>878.62</u>

All activities are classed as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities

PARKINSON'S CARE AND SUPPORT UK

BALANCE SHEET

AS AT 2 JULY 2019

Fixed Assets

Investments	0.00
Tangible fixed assets	0.00
Intangible fixed assets	0.00
	0.00

Current Assets

Debtors	0.00
Cash at bank and in hand	878.62
	<u>878.62</u>

creditor; amounts falling
due within one
year

0.00

Net current assets

878.62

**Total assets less current
Liability**

878.62

Paul Silly

Trustee (Chairman)



Date Approved by the board: 15 May 2020

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 2 JULY 2019

1 Statutory information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in Scotland. The charitable incorporated organisation registered number and registered office address can be found on the Legal and Administrative Information page.

2 Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) – Charities SORP (FRS102) and the Companies Act 2006.

Parkinson's Care and Support UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

There are no material uncertainties about Parkinson's Care and Support UK's ability as a going concern. The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pence.

2.2 Income

All income is recognised in the Statement of Financial Activities once the Charity has gained entitlement to the income and the amounts can be quantified with sufficient reliability and it is probable that the charity will receive the income.

2.3 Expenditure

Expenditure is recognised on an accruals basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included within the item of expenditure to which it relates. Charitable expenditure comprises those costs incurred by the Charity in pursuit of its charitable objectives. It includes both direct costs and support costs relating to such activities.

Governance costs include those costs associated with meeting the statutory requirements of the Charity and include its independent examination fees and costs linked to strategic management of the Charity.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 2 JULY 2019

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

2.5 Fund accounting

Restricted funds are subject to specific conditions by funders as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity. Unrestricted funds include designated funds which are funds which trustees have allocated to be spent on a specific purpose.

2.6 Taxation

The Charity incorporated organisation is a registered charity number: SC048881. All of the Charity's income falls within the exemptions set out in part 11 of the Corporation Tax Act 2010.

2.7 Accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

3 Income from donations and legacies

	unrestricted funds	restricted funds	year to 02 July 2019
	£	£	£
Donations	6,755.13	0.00	6,755.13
Legacies	0	0	
	<u>6,755.13</u>	<u>0.00</u>	<u>6,755.13</u>

4 Income from charitable activities

	unrestricted funds	restricted funds	year to 02 July 2019
	£	£	£
Fund Raising	60,796.21	0.00	60,796.21
Gift aid	18,083.18	0.00	18,083.18
	<u>78,879.39</u>	<u>0.00</u>	<u>78,879.39</u>

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Total expenditure

	staff costs	Depreciation & Amortisation	Total costs
	£	£	£
Raising Funds charitable activities	2,142.00	0.00	2,142.00
Charity activities	55,233.00	0.00	55,233.00
Support cost (note 8)	18,665.93	0.00	18,665.93
Admin activities (note 9)	8,714.97	0.00	8,714.97
Total	<u>84,755.90</u>	<u>0.00</u>	<u>84,755.90</u>

8. Supports Costs

year to 2 July
2019
£

Staff cost 18,665.93

9. Admin. Cost

year to 2 July
2019
£

Employer's PAYE & NI Co	2063.17
Staff Welfare	7.93
Rate and Water	322.94
Rent	525.00
Petrol & Oil	159.40
Accountancy	800.00
General Travel	101.91
Telephone	38.24
Advertising	2403.85
Repairs & Renewals	766.20
Prints, post and stationary	495.40
Computer Expenses	349.42
Sundry	681.51

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Trustees

The trustee was reimbursed a total of £1783.42 during the year for business expenses and travel. There were no other related party transactions requiring disclosure

	Unrestricted funds £	Designated funds £	Total funds £
Income from			
donations and legacies	6,755.13	0.00	6,755.13
Fund raising	60,796.21	0.00	60,796.21
Gift aid	18,083.18	0.00	18,083.18
Total income	<u>85,634.52</u>		<u>85,634.52</u>
Expenditure on			
Raising funds	2,142.00	0.00	2,142.00
Physiotherapy	22,033.33	0.00	22,033.33
Respite care	20,666.67	0.00	20,666.67
Exercise	12,533.00	0.00	12,533.00
Support cost	18,665.93	0.00	18,665.93
Admin cost	8,714.97	0.00	8,714.97
Total expenditure	<u>84,755.90</u>	0.00	<u>84,755.90</u>
Net gains/losses	<u>878.62</u>	0.00	<u>878.62</u>

PARKINSON'S CARE AND SUPPORT UK
NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 2 JULY 2019

Employees

Number of employees

The average number of employees during period was 1

Employment costs	year to 02 July 2019
	£
Wages & Salaries	18,665.93
Social Security	5,860.90
	<u>24,526.83</u>

