

**ENGLAND AND WALES
ANNUAL ACCOUNTS
AND
TRUSTEES REPORT 2018- 2019**



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

www.parkinsonscare.org.uk

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT AND ACCOUNTS

FOR THE PERIOD ENDED 31 OCTOBER 2019

PARKINSON'S CARE AND SUPPORT UK

LEGAL AND ADMINISTRATIVE INFORMATION

| | |
|----------------------|-----------------------------------------------------------------------------------------------------------|
| Trustees | Mr Paul Silly Mr Paul Morgan Ms Debbie Morgan |
| Charity Number | 1179246 |
| 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 Falcon House 19 Deer Park Road South Wimbledon SW19 3UX |
| Bankers | Barclays 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 31 OCTOBER 2019

The Charity Registration number is 1179246.

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 are overseen by the Chairman and his trustees. The team of trustees are responsible for the delivery of the long-term strategy of the 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 is 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 for 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 England and Wales on 18 July 2018 and in Scotland in December 2018.

Strategy and Activities

Services and Core Activities

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

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.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2019

Strategy and Activities

Services and Core Activities (continued)

Neurological Physiotherapy

2018/19 has been a phenomenal first year of service delivery for PCSUK. Within the first 16 months of operating, the charity has made exceptional progress with its 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, which is why the home-based Neurological Physiotherapy service is available for everyone living with Parkinson's to apply. Our home Neurological Physiotherapy has proved beneficial to many people with Parkinson's Disease, showing clear improvement in beneficiary's physical health, ability to carry out daily activities with greater independence and confidence.

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 July 2018 to October 2019, PCSUK has provided home-based Neurological Physiotherapy to 73 people across the UK living with Parkinson's, over that period the cost of our home Neurological Physiotherapy service totalled to £43,050.00.

PCSUK will expand our service to benefit more people with Parkinson's throughout the UK during 2019-2020.

Respite Care

From July 2018 to October 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 extremely challenging and carers often struggle to find time for themselves, compromising their own health and wellbeing. PCSUK's Respite Care service is designed to give family carers up to 4 hours respite in one day, allowing the carer to take well deserved time for rest and recuperation, wellness, exercise, health and social activities. This service has been very well received by the Parkinson's community and has proved to be very popular.

PCSUK started the year providing respite care for 5 families and finished with 17 families in October 2019, costing £41,820.00. As Respite Care for people with Parkinson's is not available via the NHS, the demand for this service throughout the UK is rapidly increasing. We are committed to expand this service over the coming years.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2019

Respite Care (Continue)

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 an essential therapy in everyone's life and especially for people with Parkinson's. Our specialist exercise classes provide great physical and mental benefits for people with Parkinson's and their carers and improves quality of life.

Between July 2018 and October 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 types of exercise classes provided include Parkinson's Move and Shout, Parkinson's Multimodal, Parkinson's Tai Chi, Parkinson's Qigong, Parkinson's Yoga and Mindfulness Yoga, Beat Boxing for Parkinson's, Gentle Fitness Classes for Parkinson's and Parkinson's Exercise to Music. Within the first 16 months, we sourced 20 venues across the UK where our classes could be run from and made formal agreements to secure these. Over the term we have spent £37,853.98 on exercise classes which has helped over 350 people. This is a remarkable achievement. 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 create at least 20 new classes each year.

All our Specialist Exercise Instructors are fully qualified and have specific Parkinson's training from Parkinson's Care and Support UK. They comprise of personal trainers, fitness instructors and certified teachers in a variety of disciplines such as Yoga, Tai Chi and Qigong.

Social Events and Excursions

During July 2018 to October 2019, PCSUK spent time researching and planning new social events for people with Parkinson's. These events are 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, sensory gardens and music therapy classes. We hope to launch these in 2020.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2019

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 £2 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 will focus on the prevention of Parkinson's Disease. Parkinson's Care and Support UK believes that the prevention of the condition is just as important as a cure and this is needed to slow down the rate of growth.

PCSUK will ensure that they will make the most of every pound year-on-year and aim to make certain that, on average, at least 80p from every £1 goes to charitable activities. PCSUK's aim is to develop a strong brand and identity which will support its core values and beliefs around natural remedies and treatments for Parkinson's Disease.

CBT Helpline

People often think that Parkinson's only affects one physically. This could not be further from the truth. Sadly, Parkinson's Disease can have a big impact on one's mental wellbeing, anxiety and depression are common non-motor symptoms of people living with Parkinson's, affecting up to 50% of people at some point of their condition.

CBT is one of the most effective therapies for anxiety and depression. It is very effective at helping people change negative thinking patterns and behaviours to solve their problems and engage in life. We are advocates for this therapy as it addresses the root causes of mental health problems, treats each person as an individual and does not cause side effects and dependency like medications used to treat mental health.

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. Mental Health in Parkinson's is often overlooked and when left untreated can increase risk of suicide, speed up the progression of Parkinson's, affects motor symptoms and impair quality of life. This helpline will be extended to the family carer who can often be left unsupported.

Parkinson's Care and Support UK has a fundraising campaign to raise £200,000 to fund the helpline for the first year and includes a pilot, start-up cost, the employment costs of 3 CBT Therapists and an administrator. It is anticipated that after year one, costs will be £150,000 per year. 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 31 OCTOBER 2019

Fundraising Activities

During July 2018 to October 2019, PCSUK raised £240,189.67 from fundraising events and activities and from individual donors.

Small donor cultivating dinners and events were held 6 times within the 16 months period from July 2018 to 31 October 2019, which resulted in 65% of the charity's income between that period. The charity has also received donations from individuals, legacies, social media fundraising such as Facebook Birthday Donations, Go Fund Me appeals and individual fundraisers taking part in sponsored events such as parachute jumps, walks and cycling events. The charity did not apply for grant funding during period ended 31 October 2019 due to not having formulated the first set of official accounts.

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 and organisations are aligning themselves with our mission to improve holistic care and quality of life for people affected by Parkinson's. Their generosity in helping to fund our life changing services has maximised our impact and helped us to give holistic health care and wellbeing of the investment it deserves.

PARKINSON'S CARE AND SUPPORT UK

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2019

Examples of the Impact we are making

- 20 new Parkinson's Specialist Exercise classes created between 2018-2019.
- For every exercise class held, we improved the lives of around 50 people affected by Parkinson's.
- For every £1 you give to PCSUK, almost a 25% is spent on exercise classes across the UK.
- We have funded respite care for up to 17 family carers during July 2018- October 2019.
- For every 4 hours of respite care we provide, we reduce the risk of depression amongst family carers.
- We have raised the profile of family carers of those with Parkinson's and continue to highlight the importance of carer wellbeing and the need for support.
- We have funded home-based Neurological Physiotherapy for 73 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, confidence has improved and independence increased.
- 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.
- We are developing a strong brand and identity, representing holistic health care which will support our core values.
- We listened to and involved people affected by Parkinson's in our work so that we can deliver the services that our beneficiaries want and need.
- We aim to maximise our year-on-year activities to ensure that every £1.00 generated, at least £0.80 is spent on charitable activities.

Signed by the order of the Trustee



Mr Paul Silly
Trustee

Date: 24 July 2020

PARKINSON'S CARE AND SUPPORT UK

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSON'S CARE & SUPPORT UK

I report to the trustees on my examination of the accounts of the Parkinson's Care and Support UK (PCSUK) for the year ended 31 October 2019.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirement of the charities Act 2011 ('The Act').

I report in respect of my examination of the trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the charity commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do agree with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.

I report to the Charity trustees on my examination of the accounts of the charitable organisation for the year ended 31 October 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.

Supreme Class Limited
Falcon House
19 Deer Park Road
South Wimbledon
SW19 3UX

PARKINSON'S CARE AND SUPPORT UK
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER
2019

| | | Unrestricted funds | restricted Funds | Year ended 31 October 2019 |
|---------------------------------------------------------|---|--------------------------|---------------------|-------------------------------------|
| | | £ | £ | £ |
| Income from | | | | |
| Donations and legacies | 3 | 159,839.00 | 0.00 | 159,839.00 |
| charitable activities | 4 | 80,350.67 | 0.00 | 80,350.67 |
| Total income | | <u>240,189.67</u> | 0.00 | <u>240,189.67</u> |
| Expenditure on: | | | | |
| Raising funds | | 18,629.50 | 0.00 | 18,629.50 |
| Charity Activities | | 122,723.98 | 0.00 | 122,723.98 |
| Support cost (note 8) | | 39,945.97 | 0.00 | 39,945.97 |
| Admin activities | | 48,656.17 | 0.00 | 48,656.17 |
| Total expenditure | | <u>229,955.62</u> | <u>0.00</u> | <u>229,955.62</u> |
| Net expenditure | | <u>10,234.05</u> | 0.00 | <u>10,234.05</u> |
| Net income | | 240,189.67 | 0.00 | 240,189.67 |
| Net Expenditure | | 229,955.62 | 0.00 | 229,955.62 |
| Net movement in funds | | <u>10,234.05</u> | <u>0.00</u> | <u>10,234.05</u> |
| Fund balances at start of period 18 July 2018 | | 0.00 | 0.00 | 0.00 |
| Fund balances at end of period (31 October 2019) | | <u>10,234.05</u> | 0.00 | <u>10,234.05</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 31 OCTOBER 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 | <u>10,234.05</u> |
| Net current assets | <u>10,234.05</u> |
| Total assets less current | |
| Liability | <u>10,234.05</u> |



Paul Silly
Trustee (Chairman)

Date Approved by the board: 24 July 2020

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2019

1 Statutory Information

Parkinson's Care and Support UK is a charitable incorporated organisation, registered in England and Wales. 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 pound.

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 31 OCTOBER 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: 1179246. 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 FOR THE YEAR ENDED 31 OCTOBER 2019

3 Income from donations and legacies

| | unrestricted funds | year to 31 October 2019 |
|-----------|-----------------------|-------------------------------|
| | £ | £ |
| Donations | 159,839.00 | 159,839.00 |
| Legacies | | |
| | <u>159,839.00</u> | <u>159,839.00</u> |

4 Income from charitable activities

| | unrestricted funds | year to 31 October 2019 |
|--------------|-----------------------|-------------------------------|
| | £ | £ |
| Fund Raising | 53,225.23 | 53,225.23 |
| Gift aid | 27,124.77 | 27,124.77 |
| | <u>80,350.67</u> | <u>80,350.23</u> |

PARKINSON'S CARE AND SUPPORT UK**NOTES TO THE ACCOUNTS (FOR THE YEAR ENDED 31 OCTOBER 2019)**

| Total expenditure | staff costs | Depreciation & Amortisation | Total costs |
|----------------------------------------|--------------------------|------------------------------------------------|--------------------------|
| | £ | £ | £ |
| Raising Funds charitable activities | 18,629.50 | 0.00 | 18,629.50 |
| Charity activities | 122,723.98 | 0.00 | 122,723.98 |
| Support cost (note 8) | 39,945.97 | 0.00 | 39,945.97 |
| Admin activities (note 9) | 48,656.17 | 0.00 | 48,656.17 |
| Total | <u>229,955.62</u> | <u>0.00</u> | <u>229,955.62</u> |

| 8. Supports Costs | 31 October 2019 |
|--------------------------|----------------------------|
| | £ |
| Staff Cost | 39,945.97 |

| 9. Admin Activities | 31 October 2019 |
|-----------------------------|----------------------------|
| Employer's PAYE & NI Con. | 3,954.76 |
| Staff Welfare | 488.77 |
| Legal and Professional Fee | 14,180.20 |
| Rate and Water | 553.61 |
| Rent | 3,503.22 |
| Petrol & Oil | 1,148.61 |
| Motor Repairs and Service | 629.52 |
| Accountancy | 850.00 |
| Advertising | 6,373.49 |
| General Travel | 1,296.86 |
| Telephone | 542.28 |
| Repairs & Renewals | 1,247.23 |
| Motor Vehicles Hire | 3,581.00 |
| Prints, post and stationery | 1,208.07 |
| Computer Expenses | 599.00 |
| Sundry | 8,220.50 |
| General Insurance | 279.05 |

PARKINSON'S CARE AND SUPPORT UK

 NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2019

Trustees

The trustee was reimbursed a total of £9,517.36 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 | 159,839.00 | 0.00 | 159,839.00 |
| Fund raising | 53,225.23 | 0.00 | 53,225.23 |
| Gift aid | 27,124.77 | 0.00 | 27,124.77 |
| Total income | <u>240,189.00</u> | | <u>240,189.00</u> |
| Expenditure on | | | |
| Raising funds | 18,629.50 | 0.00 | 18,629.50 |
| Physiotherapy | 43,050.00 | 0.00 | 43,050.00 |
| Respite care | 41,820.00 | 0.00 | 41,820.00 |
| Exercise | 37,853.98 | 0.00 | 37,853.98 |
| Support cost | 39,945.97 | 0.00 | 39,945.97 |
| Admin cost | 48,656.17 | 0.00 | 48,656.17 |
| Total expenditure | <u>229,955.62</u> | 0.00 | <u>229,955.62</u> |
| Net gains/losses | 10,234.05 | 0.00 | 10,234.05 |

PARKINSON'S CARE AND SUPPORT UK

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2019

Employees

Number of employees

The average number of employees during period was 2

| Employment costs | year to 31/10/2019 £ |
|-------------------------|-------------------------------------|
| Wages & Salaries | 39,945.97 |
| Social Security | 11,092.13 |
| | <u>51,038.10</u> |