

Move4Parkinson's

Sandyford Community Centre, Enniskerry Road, Lamb' s Cross, Sandyford, Dublin 18.
T: 2950060 E: events@move4parkinsons.com W: www.move4parkinsons.com
Company Registration No. 505558. Charity No. 20099

Annual Activity Report

For the year ended 30th September 2020

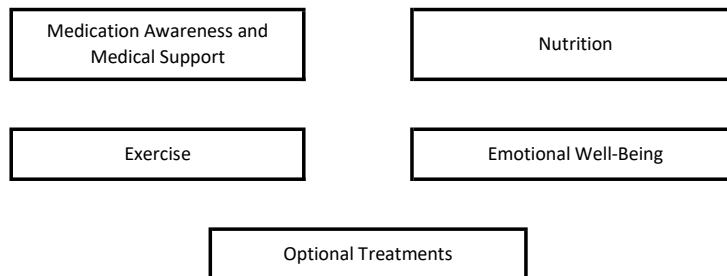
Our Story

Purpose

Move4Parkinsons Foundation Company limited guarantee is a registered charity focused on assisting people with Parkinsons.

It encourages people with Parkinsons (PWPs) to explore the five elements in order to gain insights into ways in which they can manage their illness

These 5 elements are



You can find out more about the five elements on our website www.move4parkinsons.com

Chairperson's Statement

Introduction

This last year has been an incredibly eventful one for us nationally, personally and most particularly for Move4Parkinsons.

Not only have we had to endure and respond to the challenges of Covid 19 but we also had the challenges of stabilising the operations and finances.

In an effort to reduce our costs, we closed our office in Sandyford with much of its function being taken over by individual Board members.

Our Classes

With the tremendous commitment of our Class Directors, we have managed to maintain our Set dancing classes organised by Pat O'Dea and our Choir of Hope led by Jennifer Grundulis. Our Wicklow choir under Dara McMahon continues to meet and Honor Heffernan has been offering personal tuition classes to various choir members. Unfortunately our Wicklow Exercise Class has had to temporarily cease in order to comply with Covid guidelines.

These classes have been funded from a number of sources, namely:

- Contributions from attendees
- The Raffle held in April
- Corporate and personal Donations

We are very grateful for all who have helped us over the lockdown period.

Funding during the Pandemic

As alluded to above and in common with most charities, our opportunities to raise funds have been severely curtailed. They have been restricted to unsolicited general donations and specific grants.

We are particularly grateful to :

The Community Foundation for Ireland (supported by Bank of Ireland)

Wicklow Lions Club

Park Developments

Wicklow County Council Community Awards 2020

The HSE (Exercise Class grant)

for their support during this difficult time.

We have also received a number of individual donations and a significant legacy from a past choir member.

Corporate Governance

We adhere to the standards set out in the Charities Governance code published by the Charities Regulator

We had a number of changes to the Board of Directors with myself succeeding Graham Hughes as Chairman.







Paul Daly succeeded Martin Thornton as Treasurer

Johanna Collins joined as a Board member in early February

Our founder Mags Mullarney decided to take a break and stand down from the board. However she agreed to accept the honorary position of "Founder". In addition, her daughter, Nikki Hegarty has also resigned from the Board. We would like to congratulate her on the birth of her baby girl.

I would like to thank Graham, Martin, Nikki and Mags in particular for their service as Board members but also their wider support to the M4P "family".

Your current Board

Name		Specific Board responsibilities
Tony Dalton		* Chair * Corporate Governance
Kate Gray		* Company Secretary * Fundraising
Paul Daly		* Treasurer
Johanna Collins		* Social Media * Communications
Dr. Denise McGrath		* Research * Academic Liaison
Mary Dalton		* Administration and Class liaison * Fundraising

We want to expand our Board membership to more effectively represent the members of M4P and to bring some new skills and perspective to our activities. We are therefore asking anyone who would consider joining the Board to contact Kate Gray (our Company Secretary) in advance of the AGM by emailing info@move4parkinsons.ie

As+A90 outlined above, we try to allocate areas of responsibilities to each Board Member. We are looking for someone who will manage our Grant funding activities.

Our Plans for the coming 12 months

1. Virtual Classes

We anticipate that Covid -19 will continue to dominate our activities over the coming 6 - 12 months and hence our opportunity to return to "normal" class and social activity will be severely impacted.

While we recognise the impact these restrictions are having on our physical and mental well being we recognise that we represent a vulnerable group and health and safety must dominate our decision making.

Therefore our virtual classes will continue to be our focus for this period.

As referred to above, funding has been by way of grants and specific and general donations together with discretionary contributions from class participants.

We recognise that Covid -19 and the associated move away from physical classes has impacted negatively on our Class Directors earnings and we are grateful for their understanding.

This is not fair or sustainable going forward. We therefore are introducing a formal fee structure from 1 October as follows:

Class	Class Duration	Options	Monthly Charge
Set Dancing*	45 mins	3 classes per week	€ 40
		2 classes per week	€ 30
		1 class per week	€ 20

Choir (Ballally)	90 mins	1 class per week	€ 25
Choir (Ashford)	90 mins	1 class per week	€ 20
Personal Lesson	45 mins	1 class per week	€ 40

*A participants partner / carer will receive a 50% discount on the set dance class charge. Estimated cost €80 p.m.

We are looking at ways of streamlining our fee collection systems to make it easier for M4P and the class participants alike.

2. On line Webinar(s)

One of the positives to come out of the lockdown is our collective increased familiarity with technology.

While it does not make up for the loss of physical contact It has meant we have been able to keep in touch as a group and operate in a reduced way.

We plan to continue to exploit everyone's increased familiarity with digital communications by arranging a number of interactive webinars covering a wide selection of topics of interest to our group. More about that later.

3 Social Events

We plan to organise a number of non fundraising socially distanced events when health guidelines permit them.

Conclusion

No doubt Covid - 19 will continue to present substantial financial and operational challenges over the coming months. However, the Board is confident that it is in a good position to meet them and come out of this pandemic battered but upright.

I would like to thank my fellow board members, the Class Directors, our Don0rs and all those who have supported our activities during 2020 to date. Without this support and commitment, M4P could not continue to function.

Tony Dalton

Chairman

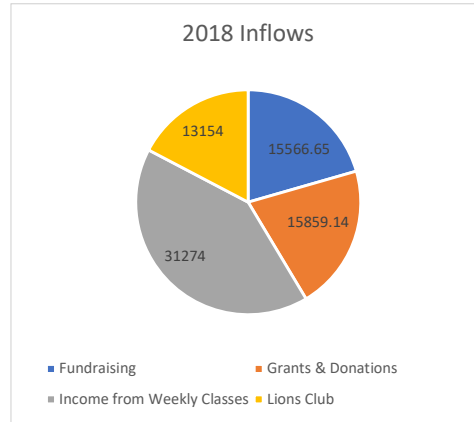
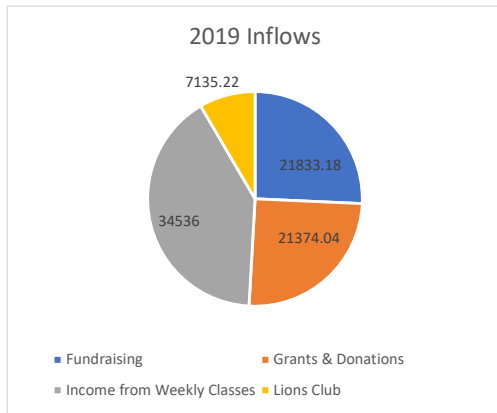
28 September 2020

Treasurer's Statement

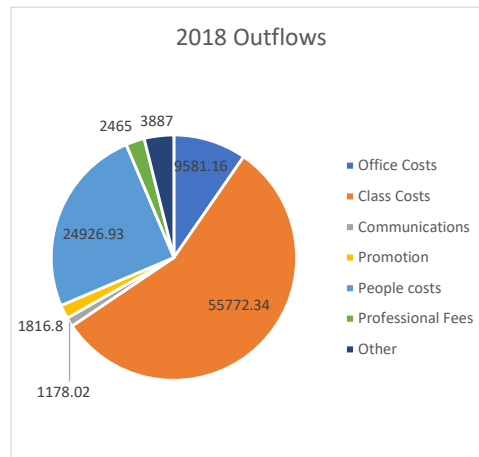
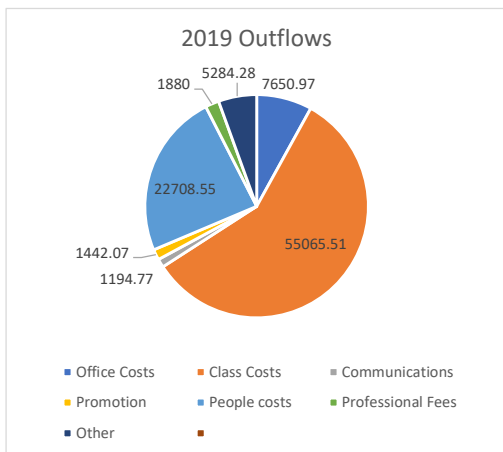
The audited statutory financial statements for the year ended 31 December 2019 are included in your AGM papers.

	2019	2018
	€	€
Total Inflows	84,878	75,854
Total Outflows	- 95,226	- 99,627
Net Outflows	- 10,348	- 23,773
2018/19 Net Outflows	-34,121.17	

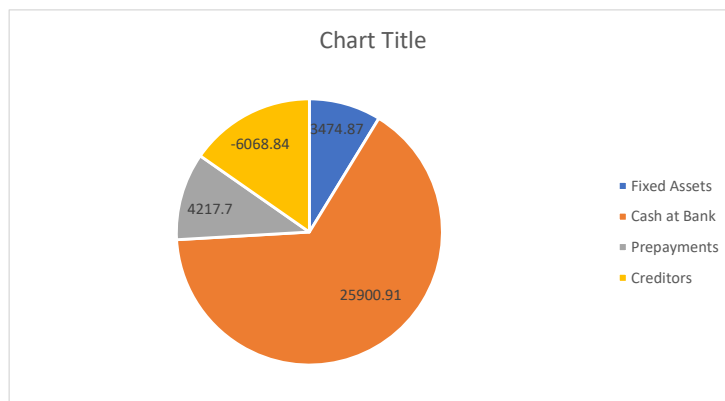
What we received



How it was spent



What was left

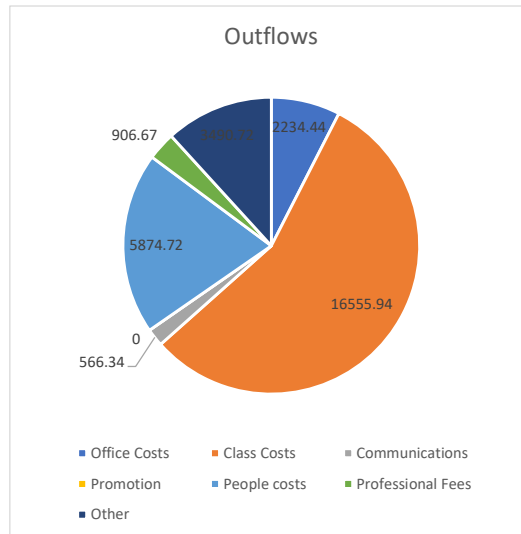
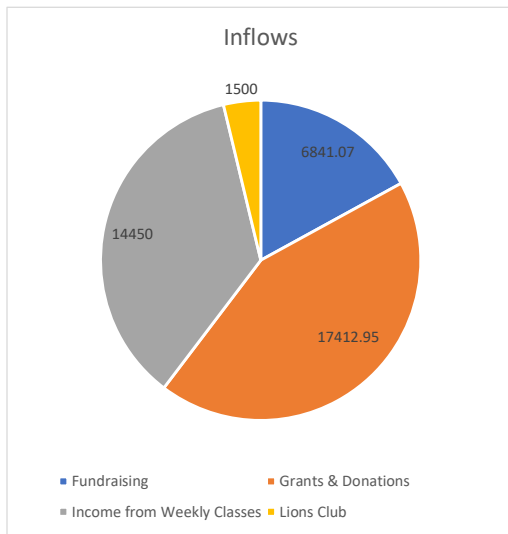


Commentary

It was clear that the company was facing a financial crisis in that its losses for 2018/19 were in excess of €34,000. 1/3rd of our costs were represented by Office and Salary Costs. In order to maintain the sustainability of our classes, it was decided to close the office. This measure alone has saved us considerable cost and I thank the Board for taking on much of the administrative work of the charity.

**The financial picture since then
YTD (August 2020)**

	2020
	€
Total Inflows	40204.02
Total Outflows	<u>-29628.83</u>
Net Inflows	<u><u>10575.19</u></u>



We will be actively encouraging increased participation in our classes and other activities by PWPs so as to widen awareness of the M4P message and also lower the cost of attendance.

I would like to thank our Bookkeeper Rachel for her hard work in helping us stay on the financial straight and narrow.

Paul Daly
Treasurer
28 September 2020