REGISTERED COMPANY NUMBER: CE032021 (England and Wales)
REGISTERED CHARITY NUMBER: 1202750

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 December 2025

for

The Neurokinetic Club

R Zoltie & Co
84 Park Lane
Whitefield
Manchester
M45 7PL

The Neurokinetic Club

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for the Year Ended 31 December 2025

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2025. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's object, as set out in its constitution, is:
For the public benefit, to relieve the needs of people with Parkinson's disease or multiple sclerosis or other neurological health conditions through the provision of physical activity sessions.

The charity pursues this object by running structured, supervised group exercise sessions for people living with neurological conditions, including Parkinson's disease, multiple sclerosis, stroke and dementia.

Sessions are held twice weekly, on Mondays and Wednesdays, at Manchester Maccabi in Prestwich. They are led by qualified trainers and supported by volunteers.

Alongside the exercise, the sessions offer members a welcoming social setting. This reduces isolation and gives carers and family members respite and peer support.

Public benefit

The trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. The sessions are open to anyone living with a neurological condition who can benefit from them. Fees are kept low and supported by grants and donations so that cost is not a barrier to taking part.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

2025 was the charity's busiest year since it launched in May 2023. It ran 104 exercise sessions, two each week, with an average of 10 participants at each one.

Exercise sessions delivered 104
Average attendance per session 10
Total participant attendances (approx.) 1,040
Volunteers registered 27

The charity's 27 registered volunteers are central to its work. They help to set up and run the sessions and support members, and the trustees are very grateful to all of them.
The charity held two major fundraising events during the year:
* an annual quiz night in November, which raised approximately £7,500 including brochure advertising and general donations
* a coffee morning, which raised approximately £2,000

The trustees also secured grant funding from The National Lottery Community Fund, Bury Metropolitan Borough Council and Bury Voluntary, Community and Faith Alliance (VCFA). These grants pay for the hire of the session venue and for qualified trainers. They allow the charity to keep member fees low while it grows its programme.

FINANCIAL REVIEW

Financial position

The accounts have been prepared on a receipts and payments basis, as permitted by section 133 of the Charities Act 2011.
Total receipts for the year were £58,878, and total payments were £29,580, giving a surplus of £29,298. Funds held at 31 December 2025 rose to £45,774, from £16,476 at the start of the year.
The main items of expenditure were staff costs of £15,000, trainers' fees of £4,650 and venue hire of £3,335.
Restricted funds
Grants from The National Lottery Community Fund, Bury Metropolitan Borough Council and Bury VCFA are restricted to the purposes set by each funder. In 2025, £7,985 of restricted funds was spent on venue hire and trainers' fees. Most of the year's grant income was received in November and December 2025, so restricted funds of £31,293 are carried forward. They will be spent in 2026 on the purposes for which they were given.

Principal funding sources

The charity is funded by grants, donations, members' session fees and fundraising events. The trustees thank all of the charity's funders and supporters.

FINANCIAL REVIEW

Reserves policy

The trustees aim to hold unrestricted reserves of at least six months' unrestricted running costs. This lets the charity keep its sessions going if income falls or funding is delayed. At 31 December 2025, unrestricted reserves were £14,481, equal to about eight months of 2025 unrestricted payments. The trustees consider this level adequate.

FUTURE PLANS

In 2026 the trustees plan to:

- increase the number of people attending sessions, including through referrals from health professionals and local Parkinson's UK branches
- increase the number of sessions the charity runs each week
- offer more help and support to carers and helpers

The restricted grants carried forward will fund the venue and trainers needed for this growth. The charity will also keep building its volunteer team and its fundraising events.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Charitable Incorporated Organisation registered with the Charity Commission for England and Wales under number 1202750. It is governed by its constitution, and the trustees are its sole members.

Decision making

The trustees meet regularly to oversee the charity's activities, finances and strategy. New trustees are appointed by the existing trustees under the constitution and are briefed on their responsibilities and the charity's work.

Day-to-day operations are run by the Chief Executive, who reports to the trustees. Exercise sessions are delivered by qualified trainers and supported by a team of volunteers.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE032021 (England and Wales)

Registered Charity number

1202750

Registered office

Flat 7 Woodcliffe Lodge
Sedgley Park Road
Prestwich
Manchester
M25 0JX

Trustees

A J Crafton (appointed 29/4/2026)
M D Silverman (appointed 29/4/2026)
R C Miller (appointed 1/1/2025)
H Frazer (resigned 29/4/2026)
D Frazer (resigned 29/4/2026)

Company Secretary

Independent Examiner

R Zoltie & Co
84 Park Lane
Whitefield
Manchester
M45 7PL

Approved by order of the board of trustees on 20 October 2026 and signed on its behalf by:

R C Miller - Trustee

Independent examiner's report to the trustees of The Neurokinetic Club ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2025.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) 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 Company 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 your charity'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
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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 in order to enable a proper understanding of the accounts to be reached.

R Zoltie BSc CA
The Institute of Chartered Accountants of Scotland

R Zoltie & Co
84 Park Lane
Whitefield
Manchester
M45 7PL

20 October 2026

The Neurokinetic Club

Statement of Financial Activities
for the Year Ended 31 December 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		13,831	34,998	48,829	12,111
Other trading activities	2	9,659	-	9,659	3,998
Total		23,490	34,998	58,488	16,109
EXPENDITURE ON					
Raising funds		4,012	-	4,012	1,850
Charitable activities					
Charitable		17,193	7,985	25,178	16,658
Total		21,205	7,985	29,190	18,508
NET INCOME/(EXPENDITURE)		2,285	27,013	29,298	(2,399)
RECONCILIATION OF FUNDS					
Total funds brought forward		14,196	2,280	16,476	18,875
TOTAL FUNDS CARRIED FORWARD		16,481	29,293	45,774	16,476

The notes form part of these financial statements

The Neurokinetic Club

Balance Sheet
31 December 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Cash at bank		45,774	-	45,774	16,476
NET CURRENT ASSETS		45,774	-	45,774	16,476
TOTAL ASSETS LESS CURRENT LIABILITIES		45,774	-	45,774	16,476
CREDITORS					
Amounts falling due after more than one year		(29,293)	29,293	-	-
NET ASSETS		16,481	29,293	45,774	16,476
FUNDS	6				
Unrestricted funds				16,481	14,196
Restricted funds				29,293	2,280
TOTAL FUNDS				45,774	16,476

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 20 October 2026 and were signed on its behalf by:

R C Miller - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Quiz	7,725	3,097
Coffee morning	1,934	901
	9,659	3,998

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	12,111	-	12,111
Other trading activities	3,998	-	3,998
Total	16,109	-	16,109
EXPENDITURE ON			
Raising funds	1,850	-	1,850
Charitable activities			
Charitable	16,658	-	16,658
Total	18,508	-	18,508
NET INCOME/(EXPENDITURE)	(2,399)	-	(2,399)
RECONCILIATION OF FUNDS			
Total funds brought forward	16,595	2,280	18,875
TOTAL FUNDS CARRIED FORWARD	14,196	2,280	16,476

5. LOANS

An analysis of the maturity of loans is given below:

	2025 £	2024 £
Amounts falling due in more than five years:		
Repayable otherwise than by instalments:		
Loans from restricted funds	29,293	2,280
Loans from unrestricted fund	(29,293)	(2,280)

6. MOVEMENT IN FUNDS

	At 1.1.25 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	14,196	2,285	16,481
Restricted funds			
Neuro Exercise Programme	-	14,273	14,273
Carers' Voices & Wellbeing Hub	-	15,020	15,020
Training	2,280	(2,280)	-
	2,280	27,013	29,293
TOTAL FUNDS	16,476	29,298	45,774

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	23,490	(21,205)	2,285
Restricted funds			
Neuro Exercise Programme	14,998	(725)	14,273
Carers' Voices & Wellbeing Hub	20,000	(4,980)	15,020
Training	-	(2,280)	(2,280)
	34,998	(7,985)	27,013
TOTAL FUNDS	58,488	(29,190)	29,298

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted fund	16,595	(2,399)	14,196
Restricted funds			
Training	2,280	-	2,280
TOTAL FUNDS	18,875	(2,399)	16,476

Comparative net movement in funds included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted fund	16,109	(18,508)	(2,399)
TOTAL FUNDS	16,109	(18,508)	(2,399)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.24 £	Net movement in funds £	At 31.12.25 £
Unrestricted fund	16,595	(114)	16,481
Restricted funds			
Neuro Exercise Programme	-	14,273	14,273
Carers' Voices & Wellbeing Hub	-	15,020	15,020
Training	2,280	(2,280)	-
	2,280	27,013	29,293
TOTAL FUNDS	18,875	26,899	45,774

6. MOVEMENT IN FUNDS - continued

Net movement in funds included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted fund	39,599	(39,713)	(114)
Restricted funds			
Neuro Exercise Programme	14,998	(725)	14,273
Carers' Voices & Wellbeing Hub	20,000	(4,980)	15,020
Training	-	(2,280)	(2,280)
	34,998	(7,985)	27,013
TOTAL FUNDS	74,597	(47,698)	26,899

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025.

The Neurokinetic Club

Detailed Statement of Financial Activities
for the Year Ended 31 December 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,788	4,226
Grants	36,998	-
Subscriptions	8,043	7,885
	48,829	12,111
Other trading activities		
Quiz	7,725	3,097
Coffee morning	1,934	901
	9,659	3,998
Total incoming resources	58,488	16,109
EXPENDITURE		
Raising donations and legacies		
Advertising	-	335
Grant consultancy	2,600	-
	2,600	335
Other trading activities		
Food and event costs	1,412	1,515
Charitable activities		
Consultancy	15,000	-
Insurance	449	421
Printing and stationery	232	86
Advertising	1,429	-
Sundries	5	-
Physio	-	9,750
Repairs and equipment	-	174
Venue hire	3,335	5,190
Bank charges	78	72
Courses	-	965
Trainer costs	4,650	-
	25,178	16,658
Total resources expended	29,190	18,508
Net income/(expenditure)	29,298	(2,399)