



Parkinson's Ninja CIC Newsletter

ISSUE 2

4 NOVEMBER 2024

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Hello Ninjas,

A very big welcome to our new members: George, Ivor, Jayne, Jackie, David and Lesley. And welcome back to our old friend Peter. It's great to see you and we look forward to getting to know you all.

Monthly Membership Fees

You may remember that we introduced our voluntary £5 monthly membership fee earlier this year. This was to allow us to cover the administration costs that need to be paid regularly, but for which we can't raise funding, such as bank charges, website fees, accounting software and insurance costs.

Thanks to everyone who has set up a standing order, we can now cover all those costs. Unfortunately, in part due to this regular monthly income, we are now in a bit of a predicament, because at the end of our financial year, this November, although we still haven't secured full funding for all our classes next year, we have (as far as the tax man is concerned) made a "profit".

The financial rules governing Community Interest Companies (or CICs) does not allow us to accumulate any money without being liable to pay tax, and we are not allowed to allocate money raised this year, to as yet, unfunded costs next year.

We do not want anyone to stop paying their membership fees as we still need the money to cover our admin costs, but we are hoping that some of you may be prepared to consider stopping your monthly payments and convert this to a one off annual payment of £60 every January.

We realise that this will not be possible for everyone and if you are unable to do this, please continue with your monthly payments, for which we are very grateful.

For anyone wishing to set up a new payment, our bank details are:

Bank: Lloyds Bank PLC

Sort code: 30-96-26

Account Number: 78235460

Account: Parkinson's Ninja CIC

Term Times & Grading Dates

Winter Term — Wallasey Classes

The last Tuesday class will be on 17th December

The last Thursday class will be on 19th December

Spring Term 2025

Free **Tuesday** classes run:

7 Jan to 11 Feb and 25 Feb to 2 April 2025

Free **Thursday** classes run

9 Jan to 13 Feb and 27 Feb to 4 April 2025

Winter Term — Bromborough Classes

The pay-as-you-go Saturday classes will run until 21st December.

There will be **NO SESSION** on 14th December as there is a Taekwondo grading that day.

2025 sessions will start on **Saturday 4th January**.



Fundraising News



Birkenhead Rotary Club
donated £200

Carpet World Wallasey
donated more than £500

We will get at least
£1,000 from the Co-op

The Round Table
donated £400

Our incredible supporters have contacted local organisations and held fundraising events, raising money for us, and we've been incredibly lucky to have received many generous donations over the last few months.

Thanks to Desi & Teresa, The Thingwall Social Club had a cabaret afternoon raising in excess of £100 for us

Linda Denton worked incredibly hard planning our wonderful summer social event at the Irby Club which raised over £1000

Carol has also worked extremely hard, running countless raffles and plant sales, raising money either for us or for the local Parkinson's UK branch. Her next raffle will be raising money for us and tickets go on sale from 25th November, with the draw being on 12th December.

Thanks to all the wonderful donations, we now have our lovely colourful team identification bands, 3 large Frisbees, 4 balance mats, an uppercut bag, a new set of reaction lights and a giant speaker exclusively for the Wallasey sessions.

We have also been able to print additional leaflets for local organisations and Parkinson's Nurses so if you know of anyone or anywhere that needs some, please contact Zoltan.

You will also have seen that our new fundraiser, Paul, has some exciting news about us being funded by the Co-op Community Fund. Paul has all the information you need to sign up and select Parkinson's Ninja CIC as your chosen charity. We will get at least £1,000 at the end of 2025 but anyone nominating us as their chosen charity will also earn money for us every time they shop at the Co-op.

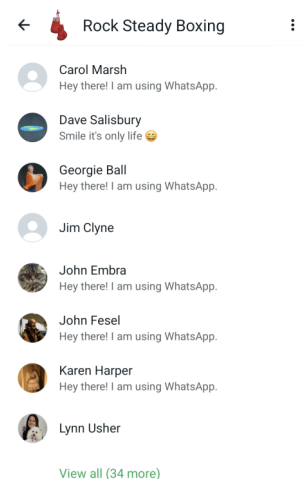
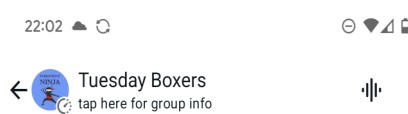
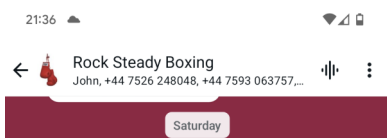
PARKINSON'S^{UK}

New Early Onset Parkinson's Class

We are absolutely delighted to be able to announce that Parkinson's UK has agreed to support us in the provision of a class for those with Early Onset Parkinson's. Classes will start in December and run through until May.

Those attending the new class will assist at the current Thursday class, then afterwards they will have their own 45 minute high intensity training session.

Making the most out of our WhatsApp Group Chats



As the group gets larger, it is important to ensure that the WhatsApp Group is used to get information to the group about classes and other matters that may concern them. So if you have information about some Parkinson's research or treatment, please do keep sharing it to the group. But if you just want to contact one or two people, please send them a private message.

To find the contact details for anyone in the group tap the group name at the top of your screen. This will give you the Group Info. If you scroll down the page you will find all the names of people in the group. Tap on someone's name and it will give you the option of messaging them privately.

The other useful thing you can do, if you find the notifications can sometimes be distracting, is you can temporarily mute the notifications. But make sure you only do it for a few hours or you might miss something important.

Please email parkinsonsninja@gmail.com if you have any suggestions for the newsletter or if you have any fundraising ideas. Thank you.