



Ymddiriedolaeth Tai Gwalia
Gwalia Housing Trust



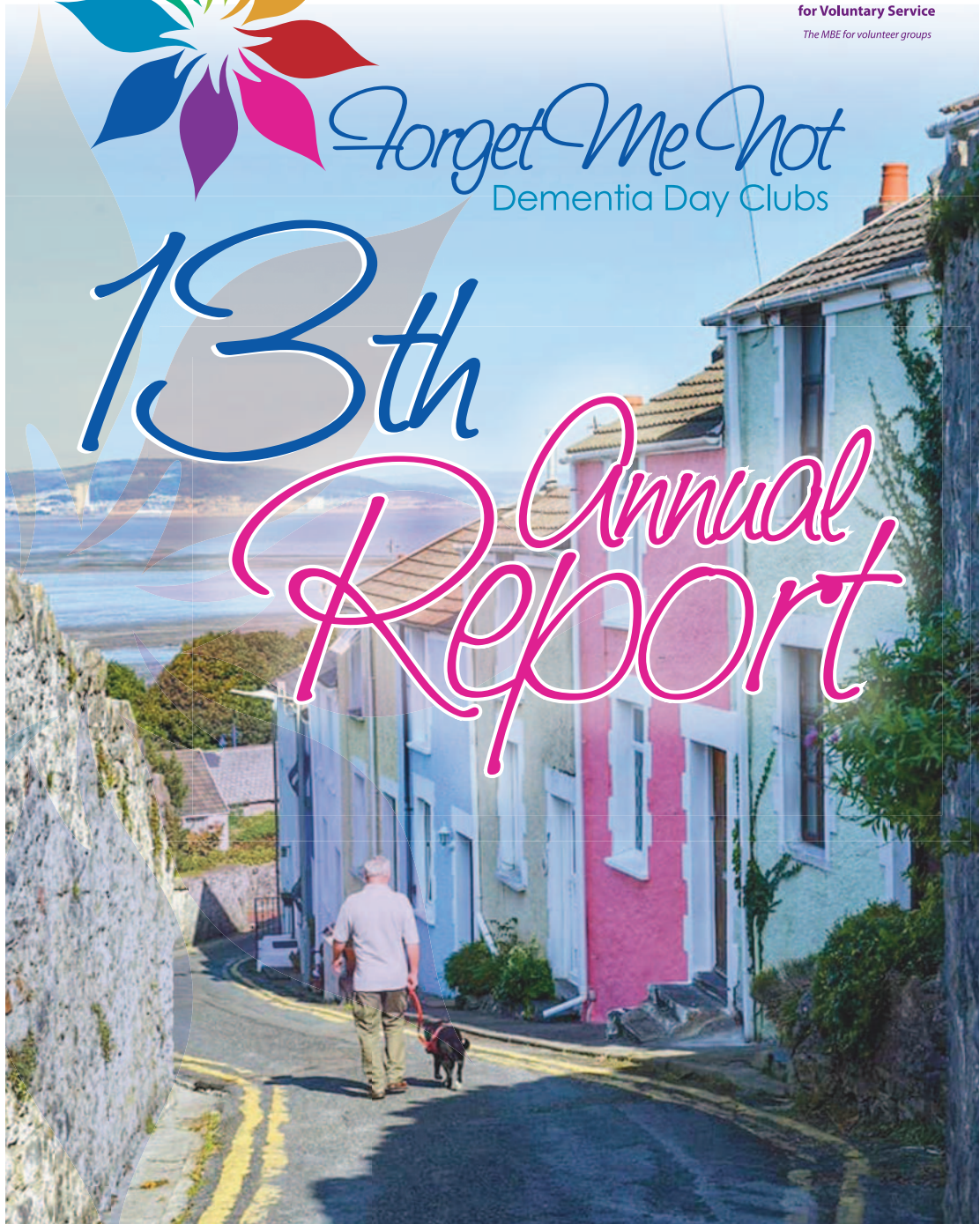
**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

Forget Me Not
Dementia Day Clubs

13th

*Annual
Report*



HONORARY PRESIDENT



Mrs Rebecca Evans, MS

Member of the Senedd for Gower

I have been an unpaid carer, and I know what a privilege it can be to look after a loved one. It is important, though, that we help carers care for themselves too, so they can keep on being that rock of support for their loved ones. I want to make sure that carers know about the help that is available for them.

The Welsh Government's £9 million short breaks scheme continues to offer unpaid carers additional opportunities to take a time out from their caring role and have a life alongside caring. The funding can be used for short holidays, day trips and other things such as attending a weekly keep-fit class or going to the cinema with friends. The programme, coordinated by Carers Trust Wales, aims to deliver 30,000 short breaks for unpaid carers across Wales over a three year period.

The £4.5 million carers support fund allows unpaid carers to access small grants and support services offering financial advice and information. The fund is administered by Carers Trust Wales and helps carers on low incomes to buy essential items such as food or school uniforms, or pay an outstanding utility bill. In some areas, 70% of applicants were previously unknown to services, but now have access to information advice and support alongside the grant.

We have also provided £1 million to local health boards in Wales to support unpaid carers when the person they care for is admitted to or discharged from hospital. Health boards have schemes and initiatives in place to identify and support carers, including where increased levels of care are needed at discharge. These schemes also enable carers to consider how their own health and wellbeing needs can be supported to aid them in their caring role.

When we met last year, I talked about how Wales' strategy for unpaid carers recognises the important role that employers play in enabling unpaid carers to work alongside their caring role. The Unpaid Carer's Leave Act 2023 came into force in April of this year and brings in the right to one week's unpaid leave per year for employees who are providing or arranging care for a relative or dependant. We are working closely with Carers Wales to ensure employers are aware of their obligations and working carers are aware of their rights under the act.

The Welsh Government has continued to fund Carers Wales and Carers Trust Wales to deliver the carer aware project. The project focuses on increasing carer recognition, respect and support across health and social care settings. This helps to raise awareness of unpaid carers rights and supports unpaid carers to be more involved. Training is provided to social workers and health care practitioners. Guidance and good practice principles have also been established. This includes a hospital discharge guide, delivery of training and a co-produced toolkit enabling healthcare settings and patient experience teams to recognise unpaid carers.

Everything we can do to help raise the profile and status of carers, and the support that they get, will help ensure that the amazing work they do can go on.



Day out at Brynteg Farm

HONORARY CHAIRMAN



Mr Hywel J Powell

I have reached my fifth and final year as chairman for the Forget Me Not Charity. On reflection of the five years, I can only say it has been my great privilege to serve as Chairman and despite some challenges I have thoroughly enjoyed it.

I became Chairman in September 2019. Six months later in the second week of March 2020 all our clubs closed for a period of fifteen months due to the pandemic. The clubs re-opened in June 2021 and thanks to all our amazing volunteers the seven clubs are all still up and running. In December 2022 David Moss our Secretary and founder member sadly passed away, he was a wonderful man, and I still miss him.

Over the last 12 months Keith Davies one of our trustees has resigned for health reasons. I would like to take the opportunity to thank him for his service and send him and Anita my best wishes. My thanks and best wishes also to Helen Hunter who has resigned from the committee due to other work commitments. I now move on to two very special people who have supported me over the last 5 years, Amelia Michael our Treasurer and Jackie Rose the Vice Chairman. They have both been exceptional in their roles and they will always be close to my heart. I also send my thanks to all the club leaders, volunteers and committee members, they are an amazing team of individuals all playing their part to support the charity. Finally, a thank you to all our members of the seven clubs for their continuous support.

I wish my successor Lowri Jones all my good wishes I'm confident she will be a wonderful Chairman and with the support from the committee including our new secretary Cathy Lewis the charity will continue to thrive and support individuals and families living with dementia.

HONORARY TREASURER



Mrs Amelia Michael

I am pleased to report that the accounts for Forget-Me-Not continue to maintain a steady balance again this year. Each year we have no way of predicting how much income we are likely to receive and as the sources of income vary each year, we are very grateful indeed for the generosity of all those who support us.

With regard to income and the main account at Barclays Bank: in April 2023 a balance of £47,992.66 was carried over and donations during the year were received from six sources. Individual donations and funeral donations were less than previous years, while donations from church services, collection boxes and member contributions towards lunches remained similar to last year. Together these donations amounted to £5,672.04. Our main source of income during the year came through various organisations and amounted to £15,303.99, bringing income received during the year to £20,976.03.

As for expenditure, the usual running costs for rent, telephone, printing, stationery, insurance, equipment and small miscellaneous costs amounted to £9,581.56, just slightly higher than last year. The remaining expenditure of £16,315.35 was as usual for the benefit of all the members and was spent on coach trips, lunches, entertainment, parties and Christmas dinners for all the clubs, bringing the total expenditure to £25,896.91, giving a deficit between income and expenditure of £4,920.68, offset slightly by small transfers of cash to and from the clubs.

As reported in previous years, the charity has two savings and investment accounts. The deposit account with Virgin Money shows a balance, after interest, of £85,674.56 at the end of March 2024. The bond with Shawbrook Bank is renewable every year in February and the balance in February 2024, including interest, was £88,727.13. This was above the figure of £85,000 which is protected by the Financial Services Authority and it was

agreed with the Trustees that £83,000 should be reinvested with Shawbrook and the balance of £5,727.13 transferred to our main account to offset the deficit.

The opening balance of £47,992.66 together with all money deposited of £27,253.16 gives a credit figure of £75,245.82 less expenditure of £26,096.91 leaving a balance in Barclays Bank at the end of March 2024 of £49,148.91.

As in previous years all seven clubs continue to run independently on a weekly basis helped by a petty cash float. Income for the clubs is generated through nominal member subscriptions and occasional donations and contributions towards lunches. A total cash balance of £1,794.63 was carried forward in April 2023 and income for all seven clubs during the year amounted to £7,127.00 with expenditure of £7,285.57 leaving a cash balance of £1,636.06 at the end of March 2024.

The overall balance for the year ending 31st March 2024 is, therefore, £219,459.53.

Setting a budget for the year can be difficult when the amount of income is unpredictable, but each year the intention is to ensure that the main expenditure will always be for the benefit of all the members. If in future years expenditure should exceed income we are in the fortunate position of having very good reserves to cover any shortfall.

We must always be aware that we are in this favourable position due to the very generous support of those who donate to our charity and the wonderful voluntary support of everyone concerned with Forget-Me-Not, with thanks for their commitment and hard work over the past years. I would also like to take this opportunity to give my particular thanks to our retiring chairman, Hywel Powell, for his patience, understanding and invaluable advice during the last 5 years and I look forward very much to working with our new chairperson, Lowri Jones, with very best wishes to her in her future role.



Afternoon Tea

VICE CHAIRMAN



Jackie Rose

Leader - Killay (Wednesday) Club

Another year has come and gone with all our day clubs continuing to provide a valuable service to the people of Swansea. Weekly meetings in all our day clubs, with a cup of tea, cake, biscuits, bingo, quizzes and a chat enjoyed by all.

Throughout the year our members have also continued to enjoy various lunches out, celebration parties and a variety of visiting entertainers to all the day clubs.

Supporting someone with dementia can be exhausting and overwhelming, it has been said on more than one occasion that the FMN charity provides a lifeline to family carers, reducing feeling of isolation and providing a warm, welcoming, environment. They are not alone, FMN are there every week to provide that listening ear and support where it can.

Throughout the year our members have also continued to enjoy various lunches out, celebration parties and a variety of visiting entertainers to all the day clubs.

Despite losing some committee members last year, we have also gained some, including a wonderful Club leader at the Mumbles group. Cathy Lewis has hit the ground running as they say and despite small numbers at Mumbles she has embraced the role of club leader and has represented FMN at several events in the Swansea area to raise the profile of the charity. A big thank you to Cathy for her support, long may it continue.

We are eternally grateful to each and every one of our volunteers who are our greatest asset, offering their time and support, dedication and commitment. We couldn't do what we do

without them. It really is a team effort with everyone playing their part.

Our Chairman Mr Hywel Powell has come to the end of his Chairmanship term this year. I would like to take this opportunity to say what an incredible chairman he has been, embracing the role of chairman with every bone in his body. Hywel led the charity through the pandemic and out the other side. Such a difficult time for everyone, but he made all the right decisions at the right time to keep our members safe. His leadership in the management committee has led to some reform and completion of important policies and procedures to keep the charity working safely for all the members. Hywel has also spent considerable time visiting all the day clubs on a regular basis. Not just to try out their cake and biscuits!! A visible chairman, spending time with club leaders, volunteers and members. A friend to all with time for everyone.

On a personal note as vice chairman, he has been a great role model. Kind, considerate and a good friend. Thank you Hywel it has been such a pleasure to support you as Chairman and I will miss you greatly.



Christmas Celebrations



Flower Arranging at Llanyfelach



Donation from Ukelele Club



Penyfan Charity Climb



ELECTED MEMBERS & CO-OPTED MEMBERS 2024 to 2025

The Management Committee shall consist of the Chairman,
Secretary, Treasurer, Vice Chairman
and up to 10 other members.

Honorary Chairman	Ms. Lowri Jones <i>Nominated by Mr. Chris Jones Seconded by Mrs. Elaine James</i>
Honorary Vice Chairman	Mrs. Jackie Rose <i>Nominated by Hywel Powell Seconded by Mr. Chris Jones</i>
Honorary Treasurer	Mrs. Amelia Michael <i>Nominated by Mrs. Jackie Rose Seconded by Ms. Lowri Jones</i>
Honorary Solicitor	Mr. David Jones <i>Proposed by Ms. Lowri Jones Seconded by Mrs. Amelia Michael</i>
Independent Examiner	Mr. John Fry
Honorary Secretary	Mrs. Cathy Lewis

Committee

Mrs. Elaine James, Mrs. Sue John, Mr. Chris Jones,
Mr. Richard Nedin, Mr. Hywel Powell,
Mrs. Julie Rees, Mrs. Valerie Streater

Co-opted Members

Mrs. Debbie Matthews, Mrs. Elaine Rees

*Election of committee and co-opted committee proposed
by Mr. Hywel Powell. Seconded by Mrs. Jackie Rose.*

Honorary President
Mrs Rebecca Evans, MS

Honorary Vice Presidents
Dr. Liz Clarke-Smith, Mrs. Edwina Hart, MBE
Dr. Chris Johns, Dr. Dai Lloyd, MS, Dr. Nia Rice,
Cllr. Gareth Sullivan, Dr. Don Williams, Prof. Michael Williams,

Honorary Solicitor
Mr. David Jones, Beor Wilson & Lloyd

Clubs and Leaders

Monday

Bethany Church Hall, West Cross.
2pm - 4pm

Leaders

Val Streater and Helen Hunter

Tuesday

Linden Christian Centre, West Cross.
1.30pm - 3.30pm

Leaders

Cathy Lewis

Tuesday

Llangyfelach Parish Church Hall
2pm - 4pm

Leaders

Elaine Rees

Wednesday

Siloam Church, Killay
2pm - 4pm

Leader

Jackie Rose and Sue John

Wednesday

The New Lodge, Gorseinon
10am - 1pm

Leaders

Meryl Evans and Debbie Matthews

Thursday

Siloam Church, Killay
10.30am - 12.30pm

Leaders

Amelia Michael

Friday

Sketty Community Church, Carnglas Road
1.30pm - 3.30pm

Leader

Julie Rees

Registered Address: Siloam Baptist Chapel, Killay, Swansea SA2 7SG

Registered Charity No. 1143961

Tel No. 01792 448805 **Email:** contact@forgetmenotclubs.com

REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL STATEMENTS OF FORGET-ME-NOT DEMENTIA DAY CLUBS

Report on the accounts for the year ended 31st March 2024.

Respective responsibilities of Trustees and Examiner

The Trustees are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under Section 144 of the Charities Act 2011 and that an independent examination is required.

It is my responsibility to

- examine the accounts under Section 145 of the Charities Act
- to follow the applicable directions given by the Charity Commissioners under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention,

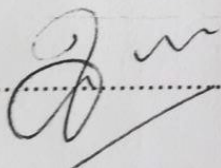
Basis of Independent Examiner's Report

My examination was carried out in accordance with the Directions given by the Charity Commission. 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 includes consideration of any unusual items or disclosures in the accounts and seeking explanation from the trustees concerning any such matters. The procedures 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.

Independent Examiner's Statement

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

Signed.....



Date.....

31st July 2024

John Fry

FORGET-ME-NOT DEMENTIA DAY CLUBS

Income and Expenditure as at 31st March 2024

MAIN ACCOUNT

INCOME

Donations from individuals	£ 922.00
Donations from organisations	£ 15,303.99
Donations from funerals	£ 2,808.17
Church/collection boxes	£ 567.87
Member contributions (lunches)	<u>£ 1,374.00</u>

Income	£ 20,976.03
Cash transfer from clubs	£ 550.00
Transfer from savings account	<u>£ 5,727.13</u>
	£ 27,253.16
Balance b/f from March 2023	<u>£ 47,992.66</u>
	£ 75,245.82
Less expenditure	<u>£ 26,096.91</u>
	£ 49,148.91

EXPENDITURE

Rent/telephone	£ 6,708.71
Printing/stationery	£ 1,620.00
Insurance	£ 784.00
Equipment	£ 169.85
Coaches/transport	£ 2,433.00
Lunches/entertainment	£ 8,715.36
Christmas lunches/expenses	£ 5,166.99
Gifts/flowers/other	<u>£ 299.00</u>

Expenditure	£ 25,896.91
Cash transfer to clubs	<u>£ 200.00</u>
	£ 26,096.91

C/f to April 2024

£ 49,148.91

ALL SEVEN CLUBS (cash held)

INCOME

Subscriptions	£ 6,057.70
Donations	£ 317.30
Member contributions for lunches	<u>£ 552.00</u>

Income	£ 6,927.00
Transfer from main account	<u>200.00</u>
	£ 7,127.00
Balance b/f from March 2023	<u>£ 1,794.63</u>
	£ 8,921.63
Less expenditure	<u>£ 7,285.57</u>
	£ 1,636.06

EXPENDITURE

Rent	£ 1,030.00
Provisions	£ 2,093.27
Stationery	£ 137.89
Equipment/materials	£ 427.66
Parties/lunches	£ 998.40
Entertainment	£ 1,857.00
Gifts	<u>£ 191.35</u>

Expenditure	£ 6,735.57
Transfer to main account	<u>£ 550.00</u>
	£ 7,285.57

£ 1,636.06

SAVINGS

Interest on savings Shawbrook Bank	£ 921.95
Interest on savings Virgin Money	£ 691.11

SUMMARY OF INCOME RECEIVED AND EXPENDITURE year ending 31st March 2024

INCOME

Paid into Main Account	£20,976.03
Received in Clubs	£ 6,927.00
Interest at Shawbrook Bank	£ 921.95
Interest at Virgin Money	<u>£ 691.11</u>

Total Income £29,516.09

EXPENDITURE

From Main Account	£25,896.91
From Clubs	<u>£ 6,735.57</u>

Total Expenditure £32,632.48

FORGET-ME-NOT DEMENTIA DAY CLUBS

BALANCE STATEMENT as at 31 March 2024

Year ended 31 March 2023

Year ended 31 March 2024

Main account

		Balance b/f	£ 47,992.66	
		Paid in	<u>£ 27,253.16</u>	
			£ 75,245.82	
		Payments	<u>£ 26,096.81</u>	
Balance at Barclays Bank	£ 47,992.66		£ 49,148.91	£ 49,148.91

Virgin Money Deposit Account

		Balance b/f	£ 84,983.45	
		Interest	<u>£ 691.11</u>	
			£ 85,674.56	
Balance at Virgin Money	£ 84,983.45			£ 85,674.56

CAF/Shawbrook Bond

		Balance b/f	£ 87,805.18	
		Interest	<u>£ 921.95</u>	
			£ 88,727.13	
		Transfer to main acct.	<u>£ 5,727.13</u>	
			£ 83,000.00	
Balance at CAF/Shawbrook	£ 87,805.18			£ 83,000.00

7 Clubs (cash held)

Balance of cash held at clubs	£ 1,794.63	Balance held at clubs	£ 1,636.06	£ 1,636.06
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Total balances c/f to April 2023 £ 222,575.92

Total balances c/f to April 2024 £219,459.53

