DEMENTIA ADVENTURE TRUST

England & Wales · Charity number 1163163

Details

Other names	DEMENTIA ADVENTURE
Status	Registered
Legal form	CIO
Company number	CE004343
Registered	2015-08-17
Register	View on the Charity Commission register

Contact

Address	Unit 18 Old Park Farm Main Road Ford End Essex
Phone	01245237548
Email	trust@dementiaadventure.co.uk
Website	https://dementiaadventure.org

Activities

Objects: TO RELIEVE THE NEEDS OF PEOPLE LIVING WITH DEMENTIA, AND THEIR CARERS, BY:1. PROVIDING OR ASSISTING IN THE PROVISION OF HOLIDAYS, OUTDOOR ACTIVITIES AND OTHER SUPPORT2. PROMOTING RESEARCH INTO THE BENEFITS OF ACTIVITIES WHICH ASSIST IN FURTHERING THE OBJECTS, AND PUBLISHING THE RESULTS OF THAT RESEARCH.

Activities: THE DEMENTIA ADVENTURE TRUST (DAT) WAS REGISTERED AS A CHARITY IN 2013 TO RELIEVE THE NEEDS OF PEOPLE LIVING WITH DEMENTIA, AND THEIR CARERS, BY:PROVIDING OR ASSISTING IN THE PROVISION OF HOLIDAYS, OUTDOOR ACTIVITIES OR OTHER SUPPORT AND,PROMOTING RESEARCH INTO THE BENEFITS OF ACTIVITIES WHICH ASSIST IN FURTHERING THE OBJECTS AND PUBLISHING THE RESULTS OF THAT RESEARCH

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Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£1,055,603	£1,147,974	£711,930	22
2023-11-30	£958,139	£1,020,491	£804,301	15
2022-11-30	£916,074	£939,068	£860,539	13
2021-11-30	£816,755	£624,330	£891,119	12
2020-11-30	£739,175	£565,213	£675,843	18

Trustees

Name	Role	Appointed
Deborah Jean Marshall	Chair	2019-08-29
Alastair Paul Henry Shanks		2022-12-08
Anneliese Holah		2022-12-08
Dr Charles Edward Berrisford		2025-07-10
Paul John Jefferies		2024-12-05
Richard Harvey		2018-12-13
Sarah Joanne Webster		2022-12-08

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DEMENTIA ADVENTURE TRUST

England & Wales - Charity number 1163163

Accounts

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
TRUSTEES REPORT AND FINANCIAL STATEMENTS
30 NOVEMBER 2024

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163.

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Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163

The Trustees present their Annual Report accompanied by the audited financial statements for the year ended 30th November 2024.

The financial statements have been prepared by following the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102) applicable to charities preparing their accounts by following the Financial Reporting Standard applicable in the UK and Republic of Ireland.

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity Number	1163163
Registered Office	Unit 18, Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
Board of Trustees	D Marshall (Chair) A Holah (Vice Chair from 21 March 2024) R Harvey (Treasurer) CS Berrisford (Elected 10 July 2025) K Hollis KC (Resigned 13 June 2024) PJ Jefferies (Elected 5 Dec 2024) A Shanks V Sriram (Resigned/end of second term 21 March 2024) S Webster
CEO	F Petit

Auditor	Edmund Carr LLP 146 New London Road, Chelmsford, CM2 0AW
Bankers	The Co-operative Bank Plc 250 Delf House, Southway, Skelmersdale, WN8 6WT
Investment Managers	CCLA Fund Managers Limited Senator House, 85 Queen Victoria Street, London, EC4V 4ET

Dementia Adventure – our purpose

Dementia Adventure is dedicated to making meaningful experiences accessible to everyone living with or impacted by dementia.

Our Vision
A society in which people with dementia are fully included, enjoying meaningful dementia-inclusive experiences that are supported, not limited, by their condition.

Our Mission
To make adventure accessible to everyone living with or impacted by dementia, enabling them to connect with nature, themselves, and their communities through experiences that foster joy, confidence, and a sense of possibility.

An estimated 982,000 people in the UK are living with dementia, a number that is set to rise to an estimated 1.4 million by 2040 and 2 million by 2050. Until a cure is found, it is vital for charities like ours to support people with dementia and their families to improve their quality of life by enabling them to stay active and fulfilled.

Research shows that meaningful activity and connection with nature have positive health and well-being benefits for people with dementia. Being supported to experience these benefits can improve quality of life. Yet many people living with dementia face barriers to accessing these benefits, resulting in an unnecessary decline in their physical, emotional, and social well-being. Our role at Dementia Adventure is to help those people overcome the barriers and to help organisations and individuals reduce those barriers.

Our services and how we make a difference:

- **Supported Dementia Holidays (Adventures):** In 2024, with the help of our highly trained teams, comprising volunteers and staff, we provided 37 fully supported holidays around the UK for small groups of people with dementia and their family carers, including 3 tailored holidays for those with very specific requirements. We understand the complex and individual needs of people living with dementia and how important it

is for their family caregivers also to have the opportunity to relax and enjoy time with their loved ones.

- **Learning and Support Sessions:** 'Understanding Dementia Better' and 'Mood and Motivation' are free online sessions run live for family and friends supporting someone with dementia at home. In addition, 'watch parties' are set up in partnership with carer groups to ensure our sessions are inclusive of those who do not have digital access at home.

- **Training and Consultancy:** As the only charity solely focused on dementia and the power of the outdoors and nature, we are sector leaders in working with organisations in the healthcare and outdoor leisure sectors. Through nature-based programmes, we enable them to be more inclusive in their own offers to people living with dementia.

- **Research:** All our work is rooted in the latest research. We collaborate with academic institutions to contribute to the evidence on the benefits of nature-based activities for people living with dementia.

- **Awareness-raising:** We raise awareness and empower communities through social media campaigns and partnerships to create positive change for those living with dementia.

- **Partnerships:** We collaborate with like-minded organisations to extend our reach and benefit more people living with dementia.

Overview

In 2021, following the pandemic and with a new CEO in place, we set out a new three-year strategy with the following goals:

1. Universal recognition of the benefits of the outdoors and engaging with nature for people living with dementia
2. National recognition of DA services and providing a model of good practice, building a reputation as a go-to charity
3. A broader socio-economic, demographic and geographic range of beneficiaries, from supported holidays and training services
4. Greater awareness and numbers of clients through referral pathways, including social prescribing
5. Regular DA contributions of evidence towards dementia research programmes, looking at the benefits of outdoor activities for people living with dementia
6. A better balance between informal & professional beneficiaries of DA training
7. Well-engaged, well-supported and well-placed pool of volunteers to support referral pathways and DA activities
8. A well-resourced, supported, inclusive and flourishing DA team with year-on-year growth in line with business to maintain support

9. Greater breadth of funding sources, including grant-makers, corporate partnerships, supported holidays and training
10. Year-on-year growth in income, holiday beneficiaries and commissioned training

As aspirational as they were, we have made big strides towards achieving those goals. Awareness of our services and the benefits of our practice model has increased through a broader range of activities, new partnerships, the impact of our refreshed brand in 2023, and an intentional expansion of our social media presence.

We have seen a steady increase in the number of clients, and consequently, we have grown our pool of volunteers to support them. Our staff numbers have also increased to enhance our capacity to deliver and meet demand.

Over the past three years, our income has also grown, but voluntary income has become increasingly difficult to source in this challenging economic environment. Whilst our core delivery services, through the provision of supported holidays and online learning and support sessions for caregivers, remain in demand and provide an important lifeline for people living with dementia and those who support them 24/7 at home, it is vital that we innovate where we can.

Our delivery and impact in 2024

Supported holidays

In 2024, our supported holidays continued to provide people living with dementia and their family caregivers with the opportunity to take a proper break and feel like themselves again. We delivered supported breaks to 268 people, a slight increase on 259 the previous year, with 91% of scheduled places filled. Three tailored holidays were laid on to meet very specific needs. With our reach increasing through our training and awareness-raising work, we were delighted to see such a high proportion of clients attending for the first time, many of whom have now also booked for 2025.

In total, we ran 39 holidays, both scheduled and tailored, across 12 destinations. Thanks to grant funding and legacies, we were able to subsidise the cost of supported holidays to clients by more than 30%. For 8 beneficiaries in low or no-income brackets and without the means of any personal financial support or allowances, we were able to fund most and, in one case, all of the holiday costs. This included running a tailored holiday for a South Asian husband who had been diagnosed with dementia three years previously at the age of 35, his wife and their 4 children. This was the first holiday they had ever experienced as a family; they described it as *"life-changing for all of them"*.

As one of our innovations in 2024, we introduced our Travel Buddy scheme, in which 10 of our volunteers took part. This scheme enabled five couples to travel confidently to and from their holiday destination by public transport and, for one family, it made a dream day out to Lord's cricket ground a reality as they participated in one of our new Green Letter Days.

Feedback from our holidaymakers in 2024 further underscored the positive impact of our holidays, reinforcing our commitment to providing meaningful experiences for all.

"It's true what Dementia Adventure says on their website that with the right support, anything is possible. [The team] have given us all so much love and support and made us all laugh again; we have been able to do things we didn't think were possible. We can't thank you enough for making this happen." Family Carer

"It's like we had Dad back. We're not thinking about what we're losing anymore. We are thinking about what's still possible." Eldest child of a family on a tailored holiday.

We provide our clients with 100% financial protection, regardless of the holiday service they have booked or the amount they have paid. Our Travel Trust Association (TTA) membership enables this and ensures compliance with the industry's travel regulations.

Green Letter Days

In our quest to extend our reach and our offer, another of our innovations in 2024 was our pilot run of Green Letter Days. These are one-day outdoor events designed to offer people living with dementia and their companions the chance to have an uplifting, familiar and joyful experience in an easily accessible way. These events mirror the spirit of our supported holidays, bringing the same emotional connection and sense of ease, but closer to home.

For the pilot, we partnered with Middlesex County Cricket Club to deliver four Green Letter Days at Lord's Cricket Ground and Merchant Taylor's School. More than 100 participants joined us. This has paved the way for more days like this to be planned in 2025, along with the development of other supported sporting activities and intergenerational events. It is an initiative we are keen to grow.

Learning and Support for Family Caregivers

Our live online and in-person group sessions provide practical, person-centred support to families and friends of people living with dementia. In support of unpaid caregivers, these sessions are delivered free of charge, thanks to our grant funders. Each session is designed to build understanding, reduce stress and increase confidence.

As part of our desire to expand our network of beneficiaries, we also focused on reaching families who are often under-represented in dementia support services. In partnership with local organisations, we delivered tailored sessions for Asian, African and Caribbean, and Gypsy

and Traveller communities. These sessions reflected cultural experiences and specific challenges, creating space for trust, dialogue and shared learning.

In 2024, we delivered 58 sessions to informal caregivers. Seven of these were designed as 'watch parties' as a digitally inclusive means to reach out to those who might not have the means or confidence to attend an online session at home.

As one attendee stated, "*This made me feel like I wasn't doing this on my own anymore.'*

Training & Consultancy for Organisations

We have been committed to continued growth and development in the support we provide to professionals at an organisational level. We have worked with a range of organisations, training staff and volunteers who aim to connect people living with dementia with nature and the outdoors, undertaking research, creating new resources, and co-producing events and support packs, drawing upon the expertise of our respective organisations.

In 2024, we delivered 36 training sessions for professional groups, commissioned by 12 partner organisations and in support of others. We covered a range of sectors from healthcare and outdoor leisure to heritage and conservation, all of whom are interested in dementia inclusivity and improving wellbeing.

Organisations we worked with in 2024:

Alzheimer's Society
Dementia Action Marlow
Dementia Community
Hey Smile Foundation
Forests of Bowland
National Trust Peckover House
National Trust Dunham Massey
NIHR Three Schools
Provide CIC
Rainbow Services
Royal Voluntary Service
Shared Care Scotland
Sheffcare
Trust Links
Wildlife Trust Kent
University of New England USA

Supporting Research

In 2024, a major scoping review was conducted to enhance our understanding of how time spent in nature supports individuals living with dementia. Our goal was to explore the benefits, challenges and gaps underpinned by existing research and to use those insights to shape our future work.

Our in-house dementia research lead reviewed 70 peer-reviewed studies published between 2013 and 2023. The evidence showed that nature offers more than just a pleasant setting. With the right support, it becomes a vital source of wellbeing, identity and connection. The review concluded that time spent outdoors should be considered essential to quality of life and a basic human right for people with dementia.

Towards the end of 2024, we received full ethics approval to initiate a new wellbeing study, which will track the impact of our supported holidays in 2025. This will help us better understand the emotional, physical and social effects of time away in nature. The study will use pre- and post-holiday measures to capture meaningful change and give voice to lived experience. With these insights, we can continue to refine what we offer, ensuring that every supported break delivers rest and renewed possibility.

Across the year, we presented at a range of conferences, sharing our findings while also cultivating valuable relationships and broadening our professional network. These conferences included:

- The Alzheimer's & Dementia Show 2024, London
- Alzheimer's Disease International Conference 2024, Krakow
- 6th Annual Dementia & Ageing Research Conference, Liverpool
- UK Dementia Congress, Coventry

Our Volunteers

We are fortunate to have an engaged, loyal, responsive, and passionate team of volunteers who bring a wealth of professional and personal skills to their work. Their calibre in character, competence and compassion means they are a joy to work with and support. We could not do what we do, in the way we do, nor have the reach that we have, without them. Common themes in volunteer feedback include the sense that they make a tangible, positive difference, are supported and valued by us, and that by volunteering with us, they become better equipped and motivated to support people living with dementia and their caregivers in their personal or professional lives.

In 2024, we welcomed 36 new volunteers, bringing our total to 136 by the end of the year. Our volunteers play a vital role across our work, offering hands-on support on our allotment, at Green Letter Days, and on dementia holidays. Others act as travel buddies or create personalised photo books as keepsakes for guests at the end of their holiday. Others share our story with the wider world, giving talks, representing us at events, or guiding our work as Trustees. Together, they gave an extraordinary 9,922 hours of their time, representing an

estimated £157,561 in value, but truly priceless in impact. Their kindness helps make our work possible and transforms the experiences of everyone we support.

Every volunteer begins their journey with us by completing a Volunteer Induction Course, which we delivered this year at our office near Chelmsford as well as in Birmingham and Newcastle. We were pleased to introduce new training content focused on 'Eating and Drinking Considerations for People Living with Dementia,' helping volunteers better understand and support individual needs. We were also encouraged to see greater diversity among those joining us. This year, 26% of volunteer applications came from individuals of varied ethnic and cultural backgrounds. We also saw a slight but welcome increase in applications from younger people and men. These are essential steps toward building a more inclusive volunteer community.

"It is an absolute pleasure volunteering with DA. I never cease to be amazed and moved by the compassion and love shown by both the guests and the Teams during the holidays and I am so grateful for all the work you and your colleagues do in the background to keep the wheels turning and ensure that every Holiday is a success. You truly are the unsung heroes! It is an honour and a privilege to be associated with such a wonderful organisation and group of people and I'm looking forward to being involved again next year." Jon H, Volunteer

Communication and Raising Awareness

Though we are a small charity, we think big. With 982,000 people living with dementia in the UK, and more than 700,000 dementia caregivers, it is vital we spread our message about living well with dementia and empower others to advocate for better access to nature.

In 2024, we set out to:

- Improve our website in terms of navigation, information and engagement
- Increase our social media presence
- Focus on story-telling and advocacy
- Build collaboration and partnerships
- Support learning and education

Under the banner of 'Today I Will…', we continued our campaign to empower individuals to find moments of joy and connection. We also explored innovative concepts, such as micro-adventures, to inspire people with dementia and their caregivers, and shared our research on our website, including inspiring stories and case studies. As a result, our reach increased from the previous year.

- Regular social media followers: 25,902, up 11%
- Email subscribers: 4,411, up 13%
- Website visitors: 99,579, up 6%
- Attendees of talks, conferences & other events: 8,882, up 588%
- Total people reached: 138,77, up 39%

In addition to our regular communications and awareness raising, 2024 also featured 'The D Tour.' It was a campaign that achieved astounding results. What started out as a woman with a mission, Harriet, who approached Dementia Adventure with an offer to fundraise by walking from Land's End to John O'Groats, evolved into not just a marathon three month journey picked up many times by local and national media but also a podcast and campaign that brought people together across the country.

Along the way, Harriet met families, volunteers, caregivers, researchers, and artists. She listened, reflected, and shared what she was learning in real time. Each episode of the D Tour podcast explored a different theme, from food, music and humour to grief, attachment and nature.

The D Tour raised the profile of Dementia Adventure and highlighted the well-being benefits of the outdoors and healthy living, extending our reach even further, as demonstrated in the numbers below.

- 14 podcast episodes, plus a bonus reflection
- 10,721 listens across 47 countries
- Ranked in the top 1% of global podcasts (October 2024)
- 64 media features, including BBC Essex, ITV Central, Hello and Prima
- 286,192 people reached through social media
- Over £21,000 raised to support people living with dementia and their caregivers

Fundraising

In 2024, thanks to the support of our donors, grant funders, and sponsors, we raised £644,125. Along with our supported holidays, learning and support services, and professional training, these funds make an immense difference in the lives of the people we support, both those living with dementia and those who care for them.

We are so grateful to all the individuals, businesses, and grant funders who made our work and services possible:

Corporate and Brand Partners
Another Place at The Lake
Aqua Libra
Bentley Golf Club
Chelmsford Golf Club
Collacott Farm
Companion Watch
Freddie's Flowers
Jimmy's Iced Coffee
Land & Water

Macs Adventure
Paul J King Funeral Directors
Pennies
PLFM Financial Services
Provide CIC
Story and Sons
The Brownie Club
The Welsh Cheese Company
Watch House Financial Services
Watergate Bay Hotel

Trusts and Foundations
Batchworth Trust
D'Oyly Carte Charitable Trust
Essex Community Foundation
Francis Winham Foundation
Golden Bottle Trust
King Charles III Charitable Fund
Newby Trust
People's Postcode Lottery
Swann Morton Foundation

Media and Advocacy
Boom Radio
MedicAlert
Silver Marketing Association
Silver Travel Advisor

Plus, all our generous individual donors

Looking forward

As Dementia Adventure looks ahead to 2025-2027, the focus remains on expanding its reach and ensuring that more people living with dementia, and their caregivers, have access to transformative experiences. Building on the successes of 2024, the charity will continue to offer supported holidays and Green Letter Days (GLDs), while ensuring these services are increasingly accessible.

A key change for 2025 is the removal of a universal subsidy previously applied to all supported holiday places regardless of circumstances. This shift ensures the holiday programme remains sustainable, allowing Dementia Adventure to direct its resources more effectively. By offering both subsidised and full-cost options, the charity will continue to make holidays accessible to those who need financial assistance through the Dementia Adventure Support Fund, while ensuring that those who can cover the full cost help sustain the programme for others.

In addition to scaling its core offerings, Dementia Adventure is committed to making its services more inclusive and relevant to a broader range of people. The charity will continue to strengthen its evidence base by expanding its research into the impact of outdoor-based interventions, positioning itself as a leader in dementia care. This will help the charity advocate for dementia-inclusive approaches across multiple sectors.

Partnerships will continue to play a vital role in the charity's strategy. Through collaborations with various organisations, Dementia Adventure aims to increase its reach, expand its impact, and ensure that people living with dementia and their caregivers have the support they need in an accessible way.

Dementia Adventure will also work to diversify its income sources, seeking new funding and delivery opportunities to secure its future growth.

Aligned with its updated vision and mission, Dementia Adventure is committed to fostering a society where people with dementia are fully included. The charity will continue to inspire systemic change, enabling people living with dementia to connect with nature, themselves, and their communities, ensuring that, no matter what the future holds, it's filled with possibility.

Structure, Governance and Management

The Trust is a registered Charitable Incorporated Organisation (CIO), registered charity number 1163163. The charity's objects and regulations are governed by its constitution dated 17 August 2015.

Charitable Objects Dementia Adventure (DA) is a registered charity, and its charitable objects are to relieve the needs of people living with dementia and their carers by:

- Providing or assisting in the provision of holidays, outdoor activities or other support; and
- Promoting research into the benefits of activities which assist in furthering these objects and publishing the results of that research.

The Trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when reviewing the charity's aims and objectives and planning future activities. The charity's services are available for anyone living with dementia and their carers, whether in an informal or professional capacity.

Trustees are selected based on the skills, knowledge, and experience required for the effective administration of the organisation. The trustees may appoint new trustees in line with the constitution. Trustees serve for three years and can serve up to three terms. Trustees select new trustees and elect a chair and vice-chair. Each Trustee completes a thorough induction process and attends training with the DA team and nationally recognised bodies such as the

NCVO. Trustees are also encouraged to volunteer or participate in our supported dementia adventure holidays and other support activities to understand the direct impact of the charity's work.

The Board of Trustees is responsible for directing DA's affairs and ensuring that it delivers its objectives, is solvent, and is well-run. The board is a strategic body that delegates operational management to the Chief Executive Officer, who is supported by further staff, including a Senior Leadership Team and volunteers.

As a charity focused on health and well-being, DA believes that the well-being of its employees is of utmost importance. To support this, each staff member works part-time up to a maximum of 4.5 days per week. In 2024, the average number of staff was 24, equivalent to 15.65 full-time positions. DA has always maintained a flexible working environment and operates a hybrid working model, which is an important factor when prioritising the well-being of our staff.

Our direct delivery team comprises 13 staff members responsible for delivering supported holidays, skill-sharing, training, consultancy, research, community engagement, and awareness-raising initiatives. They are supported by a dedicated team of 11 professionals who lead on fundraising, financial management, HR, office and facilities management, and volunteer coordination, ensuring the organisation runs smoothly and effectively.

We offer training and development opportunities for our staff, investing in courses at their request or participating in corporate training activities as an organisation.

Fundraising Statement

DA is registered with The Fundraising Regulator, and our fundraising activity complies with the Code of Fundraising Practice. We fully comply with the General Data Protection Regulation (GDPR) and utilise a Client Relationship Management (CRM) database to securely and responsibly store donor information. We do not share donor information with any third-party organisations without explicit consent.

Our fundraising activity is designed to reflect the organisation's mission statement. We look for fundraising activities that enable people to get outdoors and, wherever possible, involve people living with dementia. We encourage donations towards our work in all our materials and on all our social media channels.

We have agreements in place with third parties such as JustGiving, Donr, and local and national event organisers. Through our Fundraising Pack and Guidelines, fundraisers are informed of the legal, ethical and regulatory requirements that apply to fundraising activities, including Health and Safety, risk assessments, public liability insurance, and Lottery legislation. Fundraisers are advised that it is their responsibility to ensure their event is safe and legal, and to maintain accurate records of all activities.

We are committed to providing a high-quality service to all service users, partners, and supporters. Our clear complaints policy instructs us to thoroughly investigate any complaints, communicate the results, record them, and review our work, enabling improvements to be made if necessary. We received no complaints about our fundraising activities in 2023/24.

Dementia Adventure is committed to protecting individuals at risk and other members of the general public from unreasonable intrusion on their privacy, unreasonably persistent fundraising approaches, and undue pressure to give money. Our fundraising activities follow both the Code of Fundraising Practice and our Ethical Policy for Funding Relationships with Third-Party Organisations. Our CRM database enables us to identify individuals at risk and exclude them from fundraising appeals.

Financial review

Overall, the charity's total income was £1,027,852 (2023: £958,139), and total expenditure was £1,147,974 (2023: £1,020,491), with a resulting deficit of £92,371 after also including investment gains of £27,751.

The closing funds of £711,930 include general free reserves (excluding fixed assets) of £679,500 alongside restricted funds of £10,775. This year, our investments have generated a total return of £32,471, representing an 11% increase.

The majority of Dementia Adventure’s income is generated through voluntary and charitable means, including:

- the contribution of clients towards the cost of our Adventure holidays,
- a major grant from People’s Postcode Lottery,
- funding from charitable trusts and foundations, and
- fundraising through community events, challenges, corporate partnerships, and individual giving, including ‘In Memory’ donations.

Whilst people living with dementia and their carers contribute to the costs of running and administering holidays, in 2024, thanks to our donors, more than 30% of these costs were subsidised by Dementia Adventure. In addition, we raise funds to offer financial assistance for those who would benefit from our holidays but need the means to pay the full published price. Charitable funds are also raised to cover our training and online support offered free of charge to people living with dementia and their informal carers.

Reserves Policy

Dementia Adventure (DA) is keen to secure its long-term viability and become financially and socially sustainable so that we can benefit more significant numbers of people living with

dementia. DA will build up and then hold back an appropriate level of funds as reserves so that we can provide reliable services over the long term, remain innovative, absorb setbacks, maximise opportunities, and effectively reserve against future uncertainties:

a) **Unforeseen Emergencies** – the risk of this or other unexpected need for funds, e.g., replacement of IT or other equipment or an unexpected cost such as legal or professional costs.

b) **Operational Core Costs** - to pay the core staff salaries for up to 3 to 6 months and for unforeseen day-to-day operational costs, e.g. employing temporary staff to cover long-term sickness absence, maternity leave or parental leave.

c) **Low Income** - funds might be needed to maintain working capital or to give the organisation time to take action if income falls below expectations, e.g., if a grant is not being renewed or to repay any grant monies to a funder or non-payment by a customer.

d) **Budget Deficits** - the need to fund short-term deficits in a cash budget, e.g., money that may need to be spent before a major grant is received.

e) **Closure of Business** – costs incurred if DA is wound down, including meeting redundancy costs, loans, hire agreements, associated legal and accountancy expenses, and repaying any monies owed to other parties in full.

Dementia Adventure aims to hold free reserves to adequately cover at least 6 months' operating costs, taking into account:

- risks associated with each stream of income and expenditure being different from that budgeted,
- planned activity level, and
- commitments of the organisation.

Unrestricted free reserves, excluding those tied up in fixed assets, are currently in place to the value of £679,500 (see note 14), representing 7 months of 2023/24 budgeted costs.

Financial investment powers and policy

Under the terms of the charity's governing documents, the charity can invest in any way the Trustees wish. The Trustees have agreed on an investment policy, which was reviewed and updated partly during the year. In considering the investment policy, the Trustees emphasise the need to invest in ethical financial products regarding the objects of the charity. To demonstrate the ethical and responsible requirements of the charity as balanced against the need to ensure that the charity's investments generate income to contribute to the running costs of the charity, the salient parts of the investment policy are as follows:

- short-term investments will be held in instant or short-notice access savings accounts and
- long-term investments will be made ethically and will be spread over many areas.

Trustees' responsibilities statement

The trustees are responsible for preparing the Trustees' Annual Report and financial statements following applicable law and United Kingdom Accounting Standards (the United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires trustees to prepare financial statements for each financial year, which provide an accurate and fair view of the charity's situation and the application of its resources for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP 2015 (FRS 102)
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- Prepare the financial statements on a going-concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for maintaining accurate accounting records that accurately always disclose the charity's financial position, enabling them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the trust deed. They are also responsible for safeguarding the charity's assets and, hence, for taking reasonable steps to prevent and detect fraud and other irregularities.

Approval of Financial Statements: The trustees approved the financial statements and reports on the date below. All material events after the balance sheet date have been recognised in these financial statements either by adjustment or notes, where the Trustees consider that disclosing the event is required to better understand the charity's financial position.

Auditor/Independent Examiner: The Trustees resolved that Edmund Carr LLP be reappointed as the auditor/independent examiner. A resolution proposing their reappointment will be put to the next relevant board meeting.

This report was approved by the Trustees on .....11 August..... 2025 and is signed on their behalf by:

.....D Marshall..... Debbie Marshall, Chair of Trustees

Independent Auditor's Report to the Trustees of Dementia Adventure Trust

Opinion

We have audited the financial statements of Dementia Adventure Trust (the 'charity') for the year ended 30 November 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 30 November 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other matter

In the previous accounting period the Trustees took advantage of audit exemption. Therefore the prior period financial statements were not subject to audit. Limited audit procedures have been completed on the prior year figures during the current year, resulting in one prior period adjustment being required. See note 17 for more details.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Trustees' Report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations
- Enquiring of management as to actual and potential litigation and claims.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur by:

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud
- Considering the internal controls in place to mitigate the risks of fraud

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships
- Tested journal entries to identify unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- Reading the minutes of meetings of those charged with governance

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.
As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.
- Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation (ie. gives a true and fair view).

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Edmund Carr LLP

Edmund Carr LLP, Statutory Auditor
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 19 August 2025

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 30 NOVEMBER 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Restated Total 2023 £
Income:					
Donations and legacies	2	616,125	28,000	644,125	602,910
Charitable activities	3	360,977	-	360,977	332,386
Investment income	4	22,750	-	22,750	22,843
Total income		999,852	28,000	1,027,852	958,139
Expenditure:					
Costs of raising funds					
Raising funds	5	128,014	-	128,014	116,383
Charitable expenditure					
Expenditure on charitable activities	5	990,345	29,615	1,019,960	904,108
Total expenditure		1,118,359	29,615	1,147,974	1,020,491
Net gain on revaluation of Investments	10	27,751	-	27,751	6,114
Net income and expenditure		(90,756)	(1,615)	(92,371)	(56,238)
Net movement in funds		(90,756)	(1,615)	(92,371)	(56,238)
Reconciliation of funds					
Total funds brought forward		791,911	12,390	804,301	860,539
Total funds carried forward	14	701,155	10,775	711,930	804,301

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 22 to 33 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

BALANCE SHEET
AS AT 30 NOVEMBER 2024

	Note	2024 £	2024 £	Restated 2023 £	Restated 2023 £
Fixed assets					
Investments	**10**		292,481		260,010
Tangible assets	**9**		21,655		25,240
			314,136		285,250
Current assets					
Debtors	**11**	43,613		40,316	
Cash at bank and in hand		445,831		539,149	
		489,444		579,465	
Creditors: Amounts falling due within one year	**12**	(91,650)		(60,414)	
Net current assets			397,794		519,051
Total assets less current liabilities			711,930		804,301
Creditors: Amounts falling due after more than one year			-		-
Net assets			711,930		804,301
Funds of the charity					
Restricted funds	**13**		10,775		12,390
Unrestricted funds	**14**		701,155		791,911
Total charity funds			711,930		804,301

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Trustees on ....11 August.. 2025 and signed on its behalf by:

D Marshall
Debbie Marshall
Chair

R Harvey
Richard Harvey
Trustee

The notes on pages 22 to 33 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

CASH FLOW STATEMENT

YEAR ENDED 30 NOVEMBER 2024

		2024 £	2023 £
Net movement in funds		(92,371)	(56,238)
Add back depreciation charge	**9**	3,585	4,229
Deduct investment income shown in investing activities	**4**	(22,750)	(22,843)
Deduct unrealized gains/losses on investment assets	**10**	(27,751)	(6,114)
(Increase) in debtors	**11**	(3,297)	(2,465)
Increase(decrease) in creditors due in less than one year	**12**	31,236	(6,883)
Cash from operating activities		(111,348)	(90,314)
Cash flows from investing activities			
Investment income	**4**	22,750	22,843
Purchase of fixed assets	**9**	-	(1,071)
Purchase of investments	**10**	(4,720)	(4,634)
Cash from investing activities		18,030	17,138
(Decrease) / increase in cash and cash equivalents in the year		(93,318)	(73,176)
Cash and cash equivalents at the beginning of the year		539,149	612,325
Total cash and cash equivalents at the end of the year		445,831	539,149
Analysis of cash and cash equivalents			
Cash in bank		122,128	135,102
Cash held in TTA trust account		23,703	29,047
Notice deposits		300,000	375,000
Total Cash		445,831	539,149

Funds held in the TTA trust account are only available for use once the clients have returned from the supported break.

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and 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 (FRS 102) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Organisational status

The charity was registered on 17 August 2015 as a Charitable Incorporated Organisation (CIO) (registered number 1163163) to take forward the work of the unincorporated charity, The Dementia Adventure Trust, registered number 1152315. The assets, liabilities and funds of the previous unincorporated charity were transferred to the CIO on its date of registration.

Dementia Adventure Trust meets the definition of a public benefit entity under FRS 102.

The members of the charity are the trustees named on page 1.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income

Donations and legacies

All monetary donations and gifts are included in full in the Statement of Financial Activities when receivable, provided that there are no donor-imposed restrictions as to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

Donations under Gift Aid, together with associated income tax recoveries, are credited as income when donations are receivable.

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made, if the receipt is both certain and measurable. These are included in the Statement of Financial Activities.

1. ACCOUNTING POLICIES (continued)

Grant income

Revenue grants are credited as income when they are receivable, provided conditions for receipt have been complied with, unless they relate to a specified future period, in which case they are deferred.

Investment income

Investment income is accounted for on receivable basis once the dividend or interest has been declared

Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated based upon pro rata to staff full time equivalents.

Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Support cost allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources. All overheads have been allocated on a staff time basis.

The analysis of these costs is included in note 6.

Tax status

Dementia Adventure Trust is a registered charity and is not subject to corporation tax on its charitable activities.

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets and depreciations

Fixed assets are shown at original cost or, if donated, at their value on the date of the gift, less accumulated depreciation. Only fixed assets with a value of over £1,000 are capitalised. Depreciation is provided at rates calculated to write off their cost or value, less their estimated residual value over their estimated useful lives on the following basis:

Fixtures and fittings - 33.33% straight line
Motor vehicles - 12.50% reducing balance

Investments

Investments are included at market value. When investments are sold, any surplus or deficit on disposals is credited or charged to the Statement of Financial Activities.

Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised at the transaction price.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and deposits.

Deferred income

Deferred income relates to adventures revenue received for trips due to take place after the year end.

1. ACCOUNTING POLICIES (continued)

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and the use of each restricted fund is set out in the notes to the financial statements.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

Unrestricted funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Donations and Legacies	78,125	1,000	79,125	30,497
Grant Income	538,000	27,000	565,000	572,413
	616,125	28,000	644,125	602,910

For an extended list of restricted grant income received in 2024, see Note 13.

3. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Holiday provision revenue	343,450	-	343,450	299,423
Training and Consultancy revenue	17,527	-	17,527	32,963
	360,977	-	360,977	332,386

4. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Interest receivable	18,030	-	18,030	18,209
COIF distribution	4,720	-	4,720	4,634
	22,750	-	22,750	22,843

All investment income in 2023 was attributable to unrestricted funds.

5. EXPENDITURE ON RAISING FUNDS AND CHARITABLE ACTIVITIES

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2024	Total 2023
	£	£	£	£	£	£	£
Fundraising expenditure	6,273	-	-	-	-	6,273	2,456
Activity costs	-	222,658	9,471	3,205	99,609	334,943	247,990
Salaries, NI and pensions	77,524	211,683	136,053	9,741	68,372	503,373	484,020
Support costs **(note 6)**	43,170	128,074	72,191	11,992	40,773	296,200	281,041
Governance costs **(note 7)**	1,047	3,107	1,751	291	989	7,185	4,984
	128,014	565,522	219,466	25,229	209,743	1,147,974	1,020,491

£1,118,359 (2023: £1,001,084) of this expenditure was from unrestricted funds and £29,615 (2023: £19,407) was from restricted funds.

6. SUPPORT COSTS

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2024	Total 2023
	£	£	£	£	£	£	£
Staffing costs	29,325	86,997	49,038	8,146	27,696	201,202	186,876
Rent, rates and insurance	3,672	10,895	6,141	1,020	3,468	25,196	23,756
Office costs	4,999	14,830	8,359	1,389	4,721	34,298	24,248
Depreciation	82	244	137	23	78	564	776
Other support costs	5,092	15,108	8,516	1,414	4,810	34,940	45,385
	43,170	128,074	72,191	11,992	40,773	296,200	281,041

Support costs are apportioned to activities based on the split of staff time.

7. GOVERNANCE COSTS

	2024	2023
	£	£
Audit fee/Independent examination	4,250	2,125
Other governance costs and bookkeeping	2,935	2,859
	7,185	4,984

8. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	577,997	564,313
Social security costs	46,688	47,187
Defined contribution pension costs	34,467	33,512
	659,152	645,012

The average monthly number of employees by head count during the period was:

2024	2023
No.	No.
24	22

The average number of full-time equivalent employees during the year was 15.65 (2023:14.69)

No employee received remuneration greater than £60,000 in the period (2023: None).

No trustee, or person with a family or business connection with a trustee, received remuneration in the year, directly or indirectly, from the charity.

Trustees are reimbursed reasonable expenses incurred when acting on behalf of the charity. During the year £198 was reimbursed to 2 trustees during the period for travel & accommodation costs incurred (2023:£30).

The total employee benefits of the key management personnel of the group were £214,355 (2023:£216,860).

Staff costs are apportioned between activities based upon staff time.

9. TANGIBLE FIXED ASSETS

	Motor vehicles £	Equipment £	Total £
Cost			
At 1 December 2023	57,870	23,899	81,769
Additions	-	-	-
Disposals	-	-	-
At 30 November 2024	57,870	23,899	81,769
Depreciation			
At 1 December 2023	33,700	22,829	56,529
Charge for year	3,021	564	3,585
At 30 November 2024	36,721	23,393	60,114
Net book value			
At 30 November 2024	21,149	506	21,655
At 30 November 2023	24,170	1,070	25,240

10. FIXED ASSET INVESTMENTS

	Total 2024 £	Total 2023 £
Listed investments	292,481	260,010
	292,481	260,010

10. FIXED ASSET INVESTMENTS (continued)

Listed investments:	**2024**
	£
Valuation	
At 1 December 2023	260,010
Distribution reinvested	4,720
Revaluations	27,751
At 30 November 2024	292,481
Net book value	
At 30 November 2024	292,481
At 30 November 2023	260,010

11. DEBTORS

	2024	**2023**
	£	**£**
Trade debtors	690	10,486
Prepayments and accrued income	42,923	29,830
	43,613	40,316

12. CREDITORS: amounts falling due within one year

	£	**£**
Trade creditors	15,085	4,621
Accruals	9,337	2,888
Deferred income	27,325	14,000
Other creditors	5,317	5,407
VAT payable	23,041	22,871
Other taxation and social security	11,545	10,627
	91,650	60,414

Accruals and deferred income include deferred income of £27,325, all of which arises in the year (2023: £14,000). The income has been deferred at year-end on the basis that the funds received relate to projects taking place in future years.

13. RESTRICTED FUNDS

Current year:	Balance at 01/12/2023	Movement in funds: Income	Expenditure	Balance at 30/11/2024
	£	£	£	£
1) Allotment	112	-	(112)	-
2) Aspire Learning	1,517	-	(1,517)	-
3) Dementia Confident Communities	1,915	-	(1,915)	-
4) Essex Community Foundation	1,800	-	(1,025)	775
5) Fowler Smith and Jones Trust	1,026	-	(1,026)	-
6) Kalverboer Silsby Foundation	6,020	-	(6,020)	-
7) Utley Foundation	-	5,000	(5,000)	-
8) The Prince of Wales Trust	-	2,000	(2,000)	-
9) Francis Winham	-	10,000	(10,000)	-
10) Newby Trust	-	10,000	-	10,000
11) Holiday support fund	-	1,000	(1,000)	-
	12,390	28,000	(29,615)	10,775

1 Funding for the Dunmow Allotment project, from various small funders

2 Training budget for a staff member

3 Training and Engagement event funded by North East Essex Health and Wellbeing Alliance. Funding is administered through CVST Tendering Together.

4 Funding for allotment project

5 Funding Dementia skills training

6 Funding for research into ethnic minorities access to nature.

7 Funding for Harriet's walk

8 Funding for Windermere breaks

9 Funding for supported breaks and Green Letter Days

10 Funding for supported breaks

11 Funding for supported breaks

13. RESTRICTED FUNDS

Prior year - restated :

	Balance at 01/12/2022 £	Income £	Expenditure £	Balance at 30/11/2023 £
1) Allotment	493	-	(381)	112
2) Aspire Learning	1,517	-	-	1,517
3) Dementia Confident Communities	1,915	-	-	1,915
4) Essex Community Foundation	-	1,800	-	1,800
5) Fowler Smith and Jones Trust	-	2,500	(1,474)	1,026
6) Kalverboer Silsby Foundation	2,660	5,000	(1,640)	6,020
7) People's Postcode Lottery	6,500	-	(6,500)	-
8) The Prince of Wales Trust	-	2,000	(2,000)	-
9) Shanly Foundation	-	1,020	(1,020)	-
10) The Golden Bottle Trust	5,000	-	(5,000)	-
11) WG Edwards Charitable Foundation	-	1,392	(1,392)	-
	18,085	13,712	(19,407)	12,390

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year:

	Unrestricted Funds £	Restricted Funds £	Total 2024 £
Tangible fixed assets	21,655	-	21,655
Investments	292,481	-	292,481
Other net assets	387,019	10,775	397,794
	701,155	10,775	711,930

Prior Year - restated :

	Unrestricted Funds £	Restricted Funds £	Total 2023 £
Tangible fixed assets	25,240	-	25,240
Investments	260,010	-	260,010
Other net assets	506,661	12,390	519,051
	791,911	12,390	804,301

15. RELATED PARTY TRANSACTIONS

There were no related party transactions during the year.

16. OBLIGATIONS UNDER LEASES

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2024	2023
	£	£
Within one year	4,558	1,760
Between one and five years	10,076	4,840
	14,634	6,600

17. RESTATEMENT OF ACCOUNTS

Following reanalysis of the terms of the £100,000 donation from Age UK Essex the prior year comparatives have been restated to show the £100,000 donation as unrestricted rather than restricted funds. This was approved by the board on 18th November 2024.

18. COMPARATIVE FIGURES

The comparative figures are unaudited because an audit was not required in the prior year due to those figures being below the audit threshold. An independent examination was carried out on the 2023 figures instead.

DEMENTIA ADVENTURE TRUST

England & Wales - Charity number 1163163

Accounts



DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
TRUSTEES REPORT AND FINANCIAL STATEMENTS
30 NOVEMBER 2023

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163.

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DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 30 NOVEMBER 2023

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163

The Trustees present their Annual Report with the independently examined financial statements for the year ended 30th November 2023.

The financial statements have been prepared by following the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102) applicable to charities preparing their accounts by following the Financial Reporting Standard applicable in the UK and Republic of Ireland.

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity Number	1163163
Registered Office	Unit 11, Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
Board of Trustees	D Marshall (Chair) K Chaplain (Resigned/end of second term 31 August 2023) R Harvey (Treasurer) A Holah (Appointed 8 Dec. 2022, Vice Chair from 21 March 2024) K Hollis KC (Resigned 13 June 2024) L McNally (Resigned 31 October 2023) A Shanks (Appointed 8 December 2022) V Sriram (Resigned/end of second term 21 March 2024) S Webster (Appointed 8 December 2022)
CEO	F Petit

Independent Examiner	Edmund Carr LLP 146 New London Road, Chelmsford, CM2 0AW
Bankers	The Co-operative Bank Plc 250 Delf House, Southway, Skelmersdale, WN8 6WT
Investment Managers	CCLA Fund Managers Limited Senator House, 85 Queen Victoria Street, London, EC4V 4ET

Dementia Adventure – our purpose, structure and governance

Vision Statement A more active and fulfilling life for everyone living with dementia.

Mission Statement Supporting people with dementia to get outdoors and experience the benefits of nature.

Charitable Objects Dementia Adventure (DA) is a registered charity, and its charitable objects are to relieve the needs of people living with dementia and their carers by:

- Providing or assisting in the provision of holidays, outdoor activities or other support; and
- Promoting research into the benefits of activities which assist in furthering these objects and publishing the results of that research.

The Trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when reviewing the charity's aims and objectives and in planning future activities. The charity's services are available for anyone living with dementia and their carers, whether in an informal or professional capacity.

Over 900,000 people live with dementia in the UK, with that number set to rise to 1.6 million by 2040. Until a cure is found, it is vital for charities like ours to support people with dementia and their families to improve their quality of life by enabling them to stay active and fulfilled.

Research shows that meaningful activity and connection with nature have positive health and well-being benefits for people with dementia. Being supported to experience these benefits can improve quality of life. Yet many people living with dementia face barriers to accessing these benefits, resulting in an unnecessary decline in their physical, emotional, and social well-being. Our role at Dementia Adventure is to help those people overcome the barriers.

We believe in thinking differently about dementia. Our positive focus is on the individual, not on the condition. We look at what people can do, not what they can't. Our work aims to enable people living with dementia to get outdoors, connect with nature, themselves, and their community, do the things they have always enjoyed, and, importantly, remain valued members of society.

Our services and how we make a difference:

- **Supported Dementia Holidays (Adventures):** In 2023, with the help of our highly trained teams, comprising volunteers and staff, we provided nearly 40 fully supported holidays around the UK for small groups of people with dementia and their family carers. We understand the complex and individual needs of people living with dementia and how carers can benefit from having the chance to relax and enjoy time with their loved ones while we take care of all the planning and background tasks.

- **Carer support sessions:** 'Understanding Dementia Better' and 'Mood and Motivation' are free online sessions for family and friends supporting someone with dementia at home. Demand for these informal and interactive live skill-sharing sessions with informal carers has continued to grow, and they now run almost weekly.

- **Training and Consultancy:** As the only charity solely focused on dementia and the power of the outdoors and nature, we are sector leaders in working with organisations in the healthcare and outdoor leisure sectors. Through nature-based programmes, we enable them to be more inclusive in their own offers to people living with dementia.

- **Research:** All our work is rooted in the latest research. We collaborate with academic institutions to contribute to the evidence on the benefits of nature-based activities for people living with dementia.

- **Awareness-raising:** We raise awareness and empower communities through social media campaigns and partnerships to create positive change for those living with dementia.

- **Partnerships:** We collaborate with like-minded organisations to extend our reach and benefit more people living with dementia.

Overview of the past year

In 2023, the demand for our supported holidays increased, reflecting the strains people are under and the confidence to travel, which has been building since the pandemic. Consequently, 259 places on our holidays were filled, an increase of over 50 from the previous year, highlighting the pressing need for respite among families navigating the challenges of dementia. From financial strains to complex support systems, the obstacles they face are manifold, underscoring the importance of our mission.

Our supported holidays serve as vital opportunities for relaxation and connection for those living with dementia and their carers. As we continue to advocate for the benefits of nature, supported by research that confirms its profound connection to people living with dementia, our 38 holidays in countryside locations around the UK provided ideal opportunities for our clients to experience the benefits for themselves.

Beyond our holidays, our live weekly online dementia skill-sharing sessions for family carers were invaluable resources, offering practical tools to enhance everyday life. As demand for our expertise grows, we have forged new partnerships across various sectors, ensuring our support reaches those in need.

The recent refresh of our brand in late 2022, grounded in our deep connection to the outdoors and nature, yielded promising results and set us up well to embark on a new campaign under the banner of 'Today I Will…' to empower individuals to find moments of joy and connection in their daily lives.

As always, we would not be able to deliver our work without our superb volunteers and supporters and our team of highly committed staff. In such a tough environment for the charity world, which we have felt ourselves at Dementia Adventure, it is a testament to the tenacity of our staff and volunteers and their belief in Dementia Adventure’s values and purpose that we have been able to reflect on a successful year.

Our 3-year strategic goals (2022-2024)

1. Universal recognition of the benefits of outdoors and engaging with nature for people living with dementia (PLWD)
2. National recognition of DA services and providing a model of good practice, building a reputation as a go-to charity
3. The broader socio-economic, demographic and geographic range of beneficiaries, from supported holidays and training services
4. Greater awareness and numbers of clients through referral pathways, including social prescribing
5. Regular DA contributions of evidence towards dementia research programmes looking at the benefits of outdoor activities for PLWD
6. The balance between informal & professional beneficiaries of DA training
7. Well-engaged, well-supported and well-placed pool of volunteers to support referral pathways and DA activities
8. A well-resourced, supported, inclusive and flourishing DA team with year-on-year growth in line with business to maintain support
9. Greater breadth of funding sources, including grant-makers, corporate partnerships, supported holidays and training
10. Year-on-year growth in income, holiday beneficiaries and commissioned training

Our delivery and impact in 2023

Supported holidays (Adventures)

Our aim during our supported holidays is to ensure that people living with dementia and their carers both enjoy five days of relaxation where people can reconnect with their holiday companions while the challenges associated with living with dementia are fully supported by our team. Drawing on our understanding of how nature benefits those living with dementia, we plan stress-relieving and joy-inducing activities, aiming to leave a lasting positive impact on holidaymakers.

In 2023, we were keen to build on our great progress in 2022 in getting back to pre-pandemic numbers. We successfully provided 38 supported holidays (compared with 31 the previous year), including specially tailored ones and all much-needed breaks for 259 people living with dementia. Thanks to the additional funding of over £17,000 that we had reserved for our Dementia Adventure Support Fund, 30 people could access holidays they wouldn't have been able to afford otherwise. This was in addition to our prices being subsidised on average by 30%, thanks to the generosity of our donors and players of People’s Postcode Lottery.

DA provides our clients with 100% financial protection, regardless of which holiday service they have booked or how much they have paid. Our Travel Trust Association (TTA) membership enables this and ensures compliance with the industry's travel regulations.

Our regular destinations, Cornwall, Devon, Isle of Wight, Norfolk, Lake District, Wye Valley, and Yorkshire, remained popular. Our new location in the Kingdom of Fife, our first venture beyond the English-Scottish border, was met with enthusiastic praise from holidaymakers.

Feedback from our holidaymakers in 2023 further underscored the positive impact of our holidays, reinforcing our commitment to providing meaningful experiences for all.

"This break has been the most transformative thing to happen to me as a carer in 4 years of trying to deal with my husband's diagnosis. It has honestly changed my outlook and given me renewed hope and a sense of less isolation." Family Carer

"Our holiday gave the person I care for confidence and the realisation that life isn't over, that they CAN still do things. That it's fun to interact with people. That almost anything actually is possible." Family Carer

"I was amazed by how much she was able to manage to do each day on the holiday. I think the stimulation of so many lovely things to see and do really perked her up." Family Carer

Impact of our supported holidays in 2023

During …

- 82% of carers had a break from caring they wouldn't otherwise have been able to have
- 79% of carers spent quality time with their companion that they wouldn't have been able to otherwise
- 73% of people living with dementia got more exercise than usual
- 67% of people living with dementia communicated more than usual

After …

- 78% of carers felt more positive, and 57% felt less isolated
- 60% of people living with dementia felt their relationship with their companion had improved
- 66% of carers felt better equipped to continue their supporting role
- 56% of holidaying pairs planned to go out together more often going forward

Training & Consultancy – empowering others to think differently about dementia

We aim to increase our reach across different communities and different sectors, raising awareness and enabling others to think differently about dementia through learning and support opportunities. This is delivered directly to informal carers and people living with dementia and to organisations that serve or interact with people living with dementia.

Grounded in research, coupled with our experience living alongside people who have dementia and their families during our supported holidays, our training and learning opportunities concentrate on person-centred care, focusing on abilities and building on strengths to access a range of opportunities, providing cognitive stimulation, promote independence, and positive, meaningful, interpersonal relationships.

Our work in this field encompasses positive solutions, real-life guidance, and confidence-boosting techniques that can be applied to all kinds of circumstances.

Carer-support sessions (families and friends of people living with dementia)

The growing need and demand for the learning opportunities which we provide for families supporting somebody with dementia at home continues and includes people caring for someone in their own home and those caring from a distance. Carers are often juggling the needs of children, their own work commitments and the needs of a parent with dementia. Our free, online, live, active sessions with experienced trainers provide practical strategies, hints, and tips and encourage shared learning and support from people in similar situations. We are committed to partnership-working and accessible support, and watch parties with carer groups are now an integral part of our Dementia Support Service. We ran three of these last year, which expanded the support service for family and friends to include people who otherwise would have challenges with digital access.

In 2023, thanks to ours funders, we were able to deliver 48 Learning and Support sessions for family and friends, serving 706 participants free of charge. Of these, 38 sessions covered our most popular topic, ‘Understanding Dementia Better’, supplemented by 10 sessions on ‘Mood and Motivation’. Our booking process and the pre-course information we receive from our participants about their challenges allow us to ensure that every session allows participants to feel valued and heard and have their questions addressed.

Our continual review process allows us to be agile in making small changes to continue meeting participants' needs. We were delighted with the feedback.

"Packed full of useful guidance. Nice pace and well-articulated. Real-time examples. Really got across throughout the presentation how dementia is different for everyone."

"Really good to be able to ask questions and discover other people are dealing with the same issues and questions I had."

"I feel better empowered to help my loved one thrive rather than just cope."

Impact of our Learning and Support Sessions in 2023

Attendees after the Understanding Dementia Better sessions:

- 94% had a more positive understanding of dementia.
- 95% had an increased understanding of how to support someone living with dementia.
- 93% would likely recommend our training to others.

Attendees after the Mood and Motivation sessions:

- 95% had an increased understanding of how someone living with dementia can lack motivation to do things.
- 93% had an increased understanding of strategies to improve motivation in the person they care for.
- 79% felt better equipped to cope with the low motivation of the person they care for.
- 94% said they were likely to recommend this training to others.

In addition, we had 1,195 professional training participants who serve or interact with people living with dementia, giving us an impressive total of 1,901 participants in our learning opportunities.

Training and Consultancy for Organisations

We have been committed to continued growth and development in the support we provide to professionals at an organisational level. We have worked with a range of organisations, training staff and volunteers who aim to connect people living with dementia with nature and the outdoors, undertaking research, creating new resources, and co-producing events and support packs, drawing upon the expertise of our respective organisations.

A good example from 2023 was our partnership with National Trust and Worcester University. Through this unique and strong collaboration, Dementia Adventure was pivotal in supporting staff to establish a community group for people with dementia at Peckover House and Gardens in Wisbech. It's now an established meeting place for people living with dementia, providing information and advice as well as opportunities to engage in nature activities around the house and gardens, making the heritage experiences at Peckover House dementia inclusive. Our training and support have not only benefitted people living with dementia, but staff and volunteers also report that it has increased their own personal job satisfaction and wellbeing.

Feedback from the Damsons Pilot was so positive that Peckover House continues to commission our training to support staff and volunteers. A specially designed resources pack provides other National Trust sites with the tools and knowledge to create their own dementia-inclusive spaces.

Organisations we worked with in 2023:

Alzheimer's Society
BeActive Bedfordshire
Europarc Federation
Freddie's Flowers
Harlow Nature's Choice's - Rainbow services
Leicester University
National Trust
NHS Centre for Sustainable Healthcare
NIHR Three Schools
Provide CIC
Royal Voluntary Service
Social Farms & Gardens
The National Forest
Thrive
University of Exeter
University of New England, USA
University of Southampton
University of Worcester
Wildlife Trusts

Supporting Research

We successfully recruited to our researcher role midway through 2023 and completed a scoping review of the literature. There is a consensus in the literature that engaging with nature is beneficial, essential for people with dementia and a basic human right. Exposure to green spaces can positively impact psychological health, emotional health, and overall well-being in many ways. Whilst progress has been made in the field, the scoping review has highlighted that 1) opportunities and support for PLWD remain insufficient, and 2) numerous research gaps exist. This review highlighted many gaps in the research which would benefit from further exploration, and we have identified researchers across universities in the UK who may potentially be valuable partners for Dementia Adventure.

Our collaboration with the University of Southampton, as part of the NIHR Three Schools Programme, on improving access to farm-based care for people with dementia was successfully implemented. This study has made a number of recommendations and includes the voices of people with dementia, their carers, and relevant service providers to recommend inclusive measures for access to social farms and gardens.

Our Volunteers

Much of what we do is reliant on our dedicated team of volunteers. They are incredibly important to our work, enabling us to deliver further. We benefit, and so do they. Through feedback surveys, they tell us they get a lot of satisfaction from volunteering with Dementia Adventure. The experience of volunteering can help them develop new skills and gain knowledge that they can use in both their work and personal lives, and from wider research, we know it can have a powerful, positive effect on their own mental health and wellbeing.

In 2023, we recruited 50 volunteers as delivery services resumed to normal levels after the pandemic. By the end of the year, we had 117 volunteers in total, up from 77 the previous year, in a range of roles from gardening, holiday support and creating photo books to raising awareness of the charity by giving talks, representing us at events, or sitting on our Board of Trustees. They contributed 9,271 hours of their time, representing an estimated £136,933 of added value.

Each volunteer undertakes a day’s in-person training about dementia and our organisation's role and online training regarding first aid, health and safety, and safeguarding. In 2023, in addition to running training days from our office near Chelmsford, we took our training for the first time to Edinburgh and Birmingham. This was an important development as we continue to grow our volunteer numbers and geographical reach to reflect the community groups we are reaching and our holiday destinations.

"Seeing the difference this break away had to the people on it was very inspiring and definitely hit a chord with me. My dad, who has sadly passed away, lived with mixed dementia for over 20 years, and I watched my parents struggle. If only I had known about Dementia Adventure – this would have been a breath of fresh air to my mum, and my dad would have been the life and soul of the party." Volunteer and Clinical Research Practitioner

Communication and Raising Awareness

We are a small charity, but we think big. With 944,000 people living with dementia in the UK, it is vital we spread our message about living well with dementia and empower others to advocate for better access to nature.

In 2023, we aimed to change how the world thinks about dementia by growing our reach and leveraging our new brand through a digital campaign focused on spreading our positive message. Our commitment to inclusivity and the benefits of nature remained unwavering as we continued to demonstrate its profound connection to people with dementia.

Under the banner of 'Today I Will…', we launched a campaign to empower individuals to find moments of joy and connection. We're also exploring innovative concepts like micro-adventures to inspire people with dementia and their carers.

- Social media followers: 23,239
- Email subscribers: 3,903
- Website views: 94,022
- Total people reached: 100,000+

Fundraising

In 2023, our incredible supporters and grant funders raised an amazing £602,910. It's hard to adequately articulate the immense difference that they have created in the lives of people living with dementia through doing this, but we hope that this report goes some way to explaining it. Our work would not exist without them, and thanks to them, we can provide such fantastic support to people with dementia and those who care for them.

Thank you to all the individuals, businesses, and grant funders who made this possible:

- Age Sentinel Trust
- Age UK Essex
- Boreham Women's Guild
- Broomfield Cottage Gardeners
- Crouch Valley U3A
- D'Oyly Carte Charitable Trust
- W.G. Edwards Charitable Foundation
- Ellbie Co
- Essex Community Foundation
- Fowler, Smith and Jones Trust
- Freddie's Flowers
- Garfield Weston Foundation
- Golden Bottle Trust
- Kalverboer Silsby Foundation
- King Charles III Charitable Fund (formerly The Prince of Wales's Charitable Foundation)
- Players of the People's Postcode Lottery
- Saffron Walden Round Table
- Shanly Foundation
- St Francis Church
- St Germans Methodist Church
- Takeley Rotary Club
- The Britford Bridge Trust
- The Inman Charity
- The Rotary Club of Newmarket Trust Fund
- Thortful Ltd
- Plus, all our individual donors

Looking forward

In navigating the complex landscape of dementia care, our commitment to inclusivity, adaptability, and meeting the diverse needs of our community remains steadfast. Reflecting on the successes of 2023, they set the stage for us to embrace new possibilities.

Our away days with our staff and the Board in the latter part of the year helped us to conclude where our priorities lay:

- Broader reach and plugging gaps (audiences and services)
- Partnerships to increase voice, reach and funding
- User voices and research
- Awareness raising and demonstrating impact

Our supported holidays continue to grow in volume and in the number of places filled. Still, we desire to focus ever more on a bigger socio-economic reach and look at practical ways to overcome other barriers, such as transport to and from the holiday destinations. With charitable support, we are now subsidising the cost to holiday clients by, on average, 30%, and we offer further financial assistance for those with no income or low incomes. Successful recruitment of more volunteers is allowing us to not only support more holidays but is helping us to fill other needed roles – new ones such as the introduction of 'travel buddies' to accompany clients to and from their DA-supported holidays, particularly if using public transport, and increasing existing roles as we reach out to more community groups across the country.

We will continue to prioritise working in partnership and building new ones with charities, companies and public sector providers who themselves want to promote the well-being benefits of outdoor activity and connecting with nature. We will expand our support to organisations to include work on exploring the use of nature and the outdoors to support people's physical and mental health needs at all points in their care pathway. We will also help organisations that want to have a more inclusive approach through their services or outdoor spaces for people living with dementia. Working with these organisations will, in turn, help to increase reach and access. With the number of people living with dementia set to double by 2050, working with other organisations to focus on this community, helping to build and sustain their quality of life, is ever more important.

As we look to enhance our services or introduce new initiatives such as micro-adventures – single supported days to enjoy the great outdoors – hearing what's important from those living with dementia and where the barriers might lie is essential. Input from our service users and working with other organisations, as we are doing with the University of Southampton and Social Farms and Gardens, will play a greater part in our work going forward. We will develop research programmes to develop the evidence base and identify barriers to access, which will help organisations, including those in the health and social care sectors, understand and incorporate the benefits of nature into their programmes and policies.

We will continue to build on the 'Today I Will…' campaign and establish it as an evergreen awareness-raising activity throughout the year as we encourage people living with dementia, including caregivers, to discover new possibilities, embark on new experiences and, in time, consider the adventure of a DA supported holiday and joy of daily outdoor activities. The campaign will go hand-in-hand with case studies, stories and video content to demonstrate impact and increase awareness of the importance of connecting and interacting with nature as a key intervention to help those living with dementia.

Structure, Governance and Management

The Trust is a registered Charitable Incorporated Organisation (CIO), registered charity number 1163163. The charity's objects and regulations are governed by its constitution dated 17 August 2015.

Trustees are selected by considering the skills, knowledge and experience needed for the effective administration of the organisation. The trustees may appoint new trustees in line with the constitution. Trustees serve for three years and can serve up to three terms. Trustees select new trustees and elect a chair and vice-chair. Each Trustee completes a thorough induction process and attends training with the DA team and with nationally recognised bodies such as NCVO. Trustees are also encouraged to volunteer/participate in our supported dementia adventure holidays and other support activities to understand the direct impact of the charity's work.

The Board of Trustees is responsible for directing DA's affairs and ensuring it delivers its objectives, is solvent, and is well run. The board is a strategic body that delegates operational management to the Chief Executive Officer, who is supported by further staff, including a Senior Leadership Team and volunteers.

As a charity focusing on health and well-being, DA believes that the well-being of its employees is extremely important. To support this, each staff member works part-time. In 2023, the average number of staff was 22, a full-time equivalent of 14.69. DA has always maintained a flexible working environment and operates a hybrid working model, which is an important factor when prioritising the well-being of our staff.

Our direct delivery team comprises 12 staff members who manage the delivery of supported holidays, skill-sharing, training, consultancy, research, community engagement, and awareness-raising. In addition, we have 10 support staff who assist with fundraising, financial management, HR management, office and facilities management, and volunteer coordination.

We offer training and development opportunities for our staff, investing in courses at their request or participating in corporate activities as an organisation. For the latter in 2023, we focused on EEDI training, crisis communications, an Insights Discovery workshop and, for the senior leadership team, a course on managing people in the voluntary sector.

Major risks have been reviewed and systems and procedures have been established to manage those risks.

Fundraising Statement

DA is registered with The Fundraising Regulator, and our fundraising activity complies with the Code of Fundraising Practice. We fully comply with The General Data Protection Regulation (GDPR) and use a Client Relationship Management (CRM) database to store donor information securely and responsibly. We do not share donor information with any third-party organisations without explicit consent.

Our fundraising activity is designed to reflect the organisation's mission statement. We look for fundraising activities that enable people to get outdoors and, wherever possible, involve people living with dementia. We encourage donations towards our work in all our materials and on all our social media channels.

We have agreements in place with third parties such as JustGiving, Donr, and local and national event organisers. Through our Fundraising Pack and Guidelines, fundraisers are informed of the legal, ethical and regulatory requirements that apply to fundraising activities, including Health and Safety, risk assessments, public liability insurance, and Lottery legislation. Fundraisers are advised that it is their responsibility to keep their event safe and legal and to keep good records of all activity.

We are committed to providing a high-quality service to all service users, partners, and supporters. Our clear complaints policy instructs us to investigate any complaints thoroughly, communicate results, record results, and review our work, enabling improvements to be made if necessary. We received no complaints about our fundraising activities in 2022/23.

Dementia Adventure is committed to protecting people at risk and other members of the general public from unreasonable intrusion on a person's privacy, unreasonably persistent fundraising approaches and placing undue pressure on a person to give money. Our fundraising activities follow both the Code of Fundraising Practice and our Ethical Policy for Funding Relationships with Third-Party Organisations. Our CRM database allows us to identify at-risk people and exclude them from fundraising appeals.

Financial review

Overall, the charity's total income was £958,139 (2021: £916,074), and total expenditure was £1,020,491 (2022: £939,068), with a resulting deficit of £56,238 after also including investment gains of £6,114.

The closing funds of £804,301 include general free reserves (excluding fixed assets) of £671,109 alongside restricted funds of £107,952. This year, our investments have generated a return of £10,748, which is 4%.

The majority of Dementia Adventure's income is generated through voluntary and charitable means, including:

- the contribution of clients towards the cost of our Adventure holidays,
- a major grant from People's Postcode Lottery,
- funding from charitable trusts and foundations, and
- fundraising through community events, challenges, corporate partnerships, and individual giving, including 'In Memory' donations.

Whilst people living with dementia and their carers contribute to the costs of running and administering holidays, around 30% of these costs are subsidised by Dementia Adventure. In addition, we raise funds to offer financial assistance for those who would benefit from our holidays but need the means to pay the full published price. Charitable funds are also raised to cover our training and online support offered free of charge to people living with dementia and their informal carers.

Reserves Policy Dementia Adventure (DA) is keen to secure its long-term viability and become financially and socially sustainable so that we can benefit greater numbers of people living with dementia. DA will build up and then hold back an appropriate level of funds as reserves so that we can provide reliable services over the long term, remain innovative, absorb setbacks, maximise opportunities, and effectively reserve against future uncertainties:

a) **Unforeseen Emergencies** – the risk of this or other unexpected need for funds, e.g., replacement of IT or other equipment or an unexpected cost such as legal or professional costs.

b) **Operational Core Costs** - to pay the core staff salaries for up to 3 to 6 months and for unforeseen day-to-day operational costs, e.g. employing temporary staff to cover long-term sickness absence, maternity leave or parental leave.

c) **Low Income** - funds might be needed to maintain working capital or to give the organisation time to take action if income falls below expectations, e.g., if a grant is not being renewed or to repay any grant monies to a funder or non-payment by a customer.

d) **Budget Deficits** - the need to fund short-term deficits in a cash budget, e.g., money that may need to be spent before a major grant is received.

e) **Closure of Business** – costs incurred if DA is wound down, including meeting redundancy costs, loans, hire agreements, associated legal and accountancy expenses, and repaying any monies owed to other parties in full.

Dementia Adventure aims to hold free reserves to adequately cover 6 to 9 months' operating costs, taking into account:

- risks associated with each stream of income and expenditure being different from that budgeted,
- planned activity level, and
- commitments of the organisation.

Unrestricted free reserves, excluding those tied up in fixed assets, are currently in place to the value of £671,109 (see note 14), representing 7 months of 2023/24 budgeted costs.

Financial investment powers and policy

Under the terms of the charity's governing documents, the charity can invest in any way the Trustees wish. The Trustees have agreed on an investment policy, which was reviewed and updated partly during the year. In considering the investment policy, the Trustees emphasise the need to invest in ethical financial products regarding the objects of the charity. To demonstrate the ethical and responsible requirements of the charity as balanced against the need to ensure that the charity's investments generate income to contribute to the running costs of the charity, the salient parts of the investment policy are as follows:

- short-term investments will be held in instant or short-notice access savings accounts and
- long-term investments will be made ethically and will be spread over many areas.

Trustees' responsibilities statement The trustees are responsible for preparing the Trustees' Annual Report and financial statements following applicable law and United Kingdom Accounting Standards (the United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of the charity's resources for that period.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP 2019 (FRS 102)
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose the charity's financial position with reasonable accuracy at all times and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the trust deed. They are also responsible for safeguarding the charity's assets and, hence, for taking reasonable steps to prevent and detect fraud and other irregularities.

Approval of financial statements: The trustees approved the financial statements and reports on the date below. All material events after the balance sheet date have been recognised in these financial statements either by adjustment or notes where the Trustees consider that disclosing the event is required to understand the charity's financial position better.

Independent examiners The Trustees resolved that Edmund Carr LLP be re-appointed as the independent examiner. A resolution proposing that they be re-appointed will be put to the next relevant board meeting.

This report was approved by the Trustees on .....11 September..... 2024 and is signed on their behalf by:

.....D Marshall..... Debbie Marshall, Chair of Trustees

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 30 NOVEMBER 2023

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 November 2023 which are set out on pages 21 to 34.

Responsibilities and basis of report
As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 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
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountant, which is one of the listed bodies.

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 not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

S Morrell
……
Sandra Morrell FCCA
For and on behalf of
Edmund Carr LLP
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 24 September 2024

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 30 NOVEMBER 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Income:					
Donations and legacies	**2**	489,198	113,712	602,910	695,364
Charitable activities	**3**	332,386	-	332,386	215,239
Investment income	**4**	22,843	-	22,843	5,471
Total income		844,427	113,712	958,139	916,074
Expenditure:					
Costs of raising funds					
Raising funds	**5**	116,383	-	116,383	140,372
Charitable expenditure					
Expenditure on charitable activities	**5**	880,263	23,845	904,108	798,696
Total expenditure		996,646	23,845	1,020,491	939,068
Net gain(losses) on revaluation of investments	**10**	6,114	-	6,114	(7,586)
Net movement in funds		(146,105)	89,867	(56,238)	(30,580)
Reconciliation of funds					
Total funds brought forward		842,454	18,085	860,539	891,119
Total funds carried forward	**14**	696,349	107,952	804,301	860,539

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 24 to 34 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

BALANCE SHEET
AS AT 30 NOVEMBER 2023

	Note	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Investments	**10**		260,010		249,262
Tangible assets	**9**		25,240		28,398
Current assets					
Debtors	**11**	40,316		37,851	
Cash at bank and in hand		539,149		612,325	
		579,465		650,176	
Creditors: Amounts falling due within one year	**12**	(60,414)		(67,297)	
Net current assets			519,051		582,879
Total assets less current liabilities			804,301		860,539
Creditors: Amounts falling due after more than one year	**13**		-		-
Net assets			804,301		860,539
Funds of the charity					
Restricted funds	**13**		107,952		18,085
Unrestricted funds	**14**		696,349		842,454
Total charity funds			804,301		860,539

For the year ending 30 November 2023 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Trustees on ...11 September.. 2024 and signed on its behalf by:

D Marshall
….....
Debbie Marshall
Chair

R Harvey
….....
Richard Harvey
Trustee

The notes on pages 24 to 34 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

CASH FLOW STATEMENT

YEAR ENDED 30 NOVEMBER 2023

		2023 £	2022 £
Net movement in funds		(56,238)	(30,580)
Add back depreciation charge	**9**	4,229	4,713
Deduct interest income shown in investing activities	**4**	(22,843)	(5,471)
Deduct unrealized gains/losses on investment assets	**10**	(6,114)	7,586
(Increase) / decrease in debtors	**11**	(2,465)	(27,163)
Increase/(decrease) in creditors due in less than one year	**12**	(6,883)	18,016
Increase in creditors due in more than one year		-	(3,190)
Cash from operating activities		(90,314)	(36,089)
Cash flows from investing activities			
Investment income	**4**	22,843	5,471
Purchase of fixed assets	**9**	(1,071)	-
Purchase of investments	**10**	(4,634)	(100,000)
Cash from investing activities		17,138	(94,529)
(Decrease) / increase in cash and cash equivalents in the year		(73,176)	(130,618)
Cash and cash equivalents at the beginning of the year		612,325	742,943
Total cash and cash equivalents at the end of the year		539,149	612,325
Analysis of cash and cash equivalents			
Cash in bank		135,102	25,406
Cash held in TTA trust account		29,047	86,919
Notice deposits		375,000	500,000
Total Cash		539,149	612,325

Funds held in TTA trust account are only available for use once the clients have returned from the supported break.

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and 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 (FRS 102) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Organisational status

The charity was registered on 17 August 2015 as a Charitable Incorporated Organisation (CIO) (registered number 1163163) to take forward the work of the unincorporated charity, The Dementia Adventure Trust, registered number 1152315. The assets, liabilities and funds of the previous unincorporated charity were transferred to the CIO on its date of registration.

Dementia Adventure Trust meets the definition of a public benefit entity under FRS 102.

The members of the charity are the trustees named on page 1.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income

Donations and legacies

All monetary donations and gifts are included in full in the Statement of Financial Activities when receivable, provided that there are no donor-imposed restrictions as to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

Donations under Gift Aid, together with associated income tax recoveries, are credited as income when donations are receivable.

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made, if the receipt is both certain and measurable. These are included in the Statement of Financial Activities.

1. ACCOUNTING POLICIES (continued)

Grant income

Revenue grants are credited as income when they are receivable, provided conditions for receipt have been complied with, unless they relate to a specified future period, in which case they are deferred.

Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense catagories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated based upon pro rata to staff full time equivalents.

Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Tax status

Dementia Adventure Trust is a registered charity and is not subject to corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Fixed assets are shown at original cost or, if donated, at their value on the date of the gift, less accumulated depreciation. Only fixed assets with a value of over £1,000 are capitalised. Depreciation is provided at rates calculated to write off their cost or value, less their estimated residual value over their estimated useful lives on the following basis:

Fixtures and fittings - 33.33% straight line
Motor vehicles - 12.50% reducing balance

Investments

Investments are included at market value. When investments are sold, any surplus or deficit on disposals is credited or charged to the Statement of Financial Activities.

Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

1. ACCOUNTING POLICIES (continued)

Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised at the transaction price.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and deposits.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and the use of each restricted fund is set out in the notes to the financial statements.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Donations	30,497	-	30,497	107,910
Grant Income	458,701	113,712	572,413	587,454
	489,198	113,712	602,910	695,364

For an extended list of restricted grant income received in 2023, see Note 13.

3. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Holiday provision revenue	299,423	-	299,423	188,909
Training and Consultancy revenue	32,963	-	32,963	26,330
	332,386	-	332,386	215,239

4. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Interest receivable	18,209	-	18,209	5,471
COIF distribution	4,634	-	4,634	-
	22,843	-	22,843	5,471

All investment income in 2023 was attributable to unrestricted funds.

5. EXPENDITURE ON RAISING FUNDS AND CHARITABLE ACTIVITIES

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2023	Total 2022
	£	£	£	£	£	£	£
Fundraising expenditure	2,456	-	-	-	-	2,456	5,070
Activity costs	-	190,182	6,756	3,049	48,003	247,990	206,481
Salaries, NI and pensions	66,650	197,172	119,986	13,784	86,428	484,020	427,077
Support costs **(note 6)**	46,453	111,022	63,176	9,291	51,099	281,041	288,240
Governance costs **(note 7)**	824	1,969	1,120	165	906	4,984	12,200
	116,383	500,345	191,038	26,289	186,436	1,020,491	939,068

£996,646 (2022: £768,188) of this expenditure was from unrestricted funds and £23,845 (2022: £170,880) was from restricted funds.

6. SUPPORT COSTS

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2023	Total 2022
	£	£	£	£	£	£	£
Staffing costs	30,888	73,823	42,009	6,178	33,978	186,876	182,336
Rent, rates and insurance	3,927	9,385	5,340	785	4,319	23,756	18,885
Office costs	4,008	9,578	5,451	802	4,409	24,248	43,910
Depreciation	128	307	174	26	141	776	4,713
Other support costs	7,502	17,929	10,202	1,500	8,252	45,385	38,396
	46,543	111,022	63,176	9,291	51,099	281,041	288,240

Support costs are apportioned to activities based on the split of staff time.

7. GOVERNANCE COSTS

	2023	2022
	£	£
Independent examination / audit fee	2,125	2,015
Other governance costs and bookkeeping	2,859	10,185
	4,984	12,200

8. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	566,313	508,472
Social security costs	45,187	42,768
Defined contribution pension costs	33,512	26,805
	645,012	578,045

The average monthly number of employees by head count during the period was:

2023	2022
No.	No.
22	20

The average number of full-time equivalent employees during the year was 14.69 (2022: 13.46)

No employee received remuneration greater than £60,000 in the period (2022: None).

No trustee, or person with a family or business connection with a trustee, received remuneration in the year, directly or indirectly, from the charity.

Trustees are reimbursed reasonable expenses incurred when acting on behalf of the charity. During the year £30 was reimbursed to 1 trustee during the period for travel & accommodation costs incurred (2022: £561).

One staff member had their contract terminated in the year. The settlement payment amounted to £3,500.

The total employee benefits of the key management personnel of the group were £216,860 (2022: £221,651).

Staff costs are apportioned between activities based upon staff time.

9. TANGIBLE FIXED ASSETS

	Motor vehicles £	Equipment £	Total £
Cost			
At 1 December 2022	57,870	22,828	80,698
Additions	-	1,071	1,071
Disposals	-	-	-
At 30 November 2023	57,870	23,899	81,769
Depreciation			
At 1 December 2022	30,247	22,053	52,300
Charge for year	3,453	776	4,229
At 30 November 2023	33,700	22,829	56,529
Net book value			
At 30 November 2023	24,170	1,070	25,240
At 30 November 2022	27,623	775	28,398

10. FIXED ASSET INVESTMENTS

	Total 2023 £	Total 2022 £
Listed investments	260,010	249,262
	260,010	249,262

10. FIXED ASSET INVESTMENTS (continued)

Listed investments:	2023 £
Valuation	
At 1 December 2022	249,262
Distribution	4,634
Revaluations	6,114
At 30 November 2023	260,010
Net book value	
At 30 November 2023	260,010
At 30 November 2022	249,262

11. DEBTORS

	2023 £	2022 £
Trade debtors	10,486	10,192
Prepayments and accrued income	29,830	27,659
	40,316	37,851

12. CREDITORS: amounts falling due within one year

	£	£
Trade creditors	4,621	10,678
Accruals	2,888	3,140
Deferred income	14,000	14,200
Other creditors	5,407	4,768
VAT payable	22,871	16,011
Other taxation and social security	10,627	14,779
Obligations under hire purchase contracts	-	3,721
	60,414	67,297

Deferred income relates to funds received that relate to future activities.

13. RESTRICTED FUNDS

Current year:	Movement in funds				
	Balance at 01/12/2022	Income	Expenditure	Transfers	Balance at 30/11/2023
	£	£	£	£	£
1) Age UK	-	100,000	(4,438)	-	95,562
2) Allotment	493	-	(381)	-	112
3) Aspire Learning	1,517	-	-	-	1,517
4) Dementia Confident Communities	1,915	-	-	-	1,915
5) Essex Community Foundation	-	1,800	-	-	1,800
6) Fowler Smith and Jones Trust	-	2,500	(1,474)	-	1,026
7) Kalverboer Silsby Foundation	2,660	5,000	(1,640)	-	6,020
8) People's Postcode Lottery	6,500	-	(6,500)	-	-
9) The Prince of Wales Trust	-	2,000	(2,000)	-	-
10) Shanly Foundation	-	1,020	(1,020)	-	-
11) The Golden Bottle Trust	5,000	-	(5,000)	-	-
12) WG Edwards Charitable Foundation	-	1,392	(1,392)	-	-
	18,085	113,712	(23,845)	-	107,952

1 Funding for Essex projects
2 Funding for the Dunmow Allotment project, from various small funders
3 Training budget for a staff member
4 Training and Engagement event, funded by North East Essex Health and Wellbeing Alliance. Funding is administered through CVST Tendering Together.
5 Funding for allotment project
6 Funding for green space project
7 Funding for research into ethnic minorities access to nature.
8 PPL extra award
9 Funding for Windermere breaks
10 Funding for dementia training for West Sussex residents
11 Funding for dementia skills sessions
12 Fundng for supported breaks

13. RESTRICTED FUNDS (continued)

Prior year:

	Balance at 01/12/2021 £	Movement in funds: Income £	Expenditure £	Transfers £	Balance at 30/11/2022 £
Rutland County Council	883	-	(883)	-	-
Aspire Learning	1,517	-	-	-	1,517
People's Postcode Lottery, Postcode Care Trust	50,811	100,000	(144,311)	-	6,500
The Golden Bottle Trust (Anon)	3,414	5,000	(3,414)	-	5,000
Allotment	(160)	1,000	(346)	-	493
Henry Sale	-	8,000	(8,000)	-	-
Dementia Confident Communities	-	7,000	(5,086)	-	1,915
Kalverboer Silsby Foundation	-	5,000	(2,340)	-	2,660
Newby Trust	-	5,000	(5,000)	-	-
DWF Folundation	-	1,500	(1,500)	-	-
	56,465	132,500	(170,880)		18,085

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year:

	Unrestricted Funds £	Restricted Funds £	Total 2023 £
Tangible fixed assets	25,240	-	25,240
Investments	260,010	-	260,010
Other net assets	411,099	107,952	519,051
	696,349	107,952	804,301

Prior Year :

	Unrestricted Funds £	Restricted Funds £	Total 2022 £
Tangible fixed assets	28,398	-	28,398
Investments	249,262	-	249,262
Other net assets	564,794	18,085	582,879
	842,454	18,085	860,539

15. RELATED PARTY TRANSACTIONS

There were no related party transactions during the year.

16. OBLIGATIONS UNDER LEASES

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2023	2022
	£	£
Within one year	1,760	18,086
Between one and five years	4,840	36,410
	6,600	54,496

DEMENTIA ADVENTURE TRUST

England & Wales - Charity number 1163163

Accounts

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
TRUSTEES REPORT AND FINANCIAL STATEMENTS
30 NOVEMBER 2022

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163.

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DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 30 NOVEMBER 2022

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163613.

The Trustees present their Annual Report with the independently examined financial statements for the year ended 30th November 2022.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity Number	1163163
Registered Office	Unit 11, Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
Board of Trustees	D Marshall (Chair) K Chaplain R Clough (resigned/end of term 8 December 2022) W Fearnley (resigned 13 January 2023) L Fox (resigned/end of term 10 December 2021) R Harvey (Treasurer) A Holah (from 8 December 2022) K Hollis KC L McNally (Vice Chair) A Shanks (from 8 December 2022) V Sriram S Webster (from 8 December 2022)
CEO	F Petit

Independent Examiner	Ray Crace FCA, Edmund Carr LLP 146 New London Road, Chelmsford, CM2 0AW
Bankers	The Co-operative Bank Plc 250 Delf House, Southway, Skelmersdale, WN8 6WT
Investment managers	CCLA Fund Managers Limited Senator House, 85 Queen Victoria Street, London, EC4V 4ET

Dementia Adventure – our purpose, structure and governance

Vision Statement A more active and fulfilling life for everyone living with dementia.

Mission Statement Supporting people with dementia to get outdoors and experience the benefits of nature.

Public Benefit Dementia Adventure (DA) is a registered charity, and its charitable objectives are to relieve the needs of people living with dementia, and their carers, by:

- Providing or assisting in the provision of holidays, outdoor activities or other support; and
- Promoting research into the benefits of activities which assist in furthering these objects and publishing the results of that research.

The Trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when reviewing the Trust's aims and objectives and in planning future activities. The charity's services are available for anyone living with dementia and their carers, whether in an informal or professional capacity.

Approximately 900,000 people live with dementia in the UK, with that number set to rise to 1.6 million by 2040. Until a cure is found, we need to support people with dementia and their families to have active and fulfilled lives.

Research shows that meaningful activity and connection with nature have positive health and well-being benefits for people with dementia. Being supported to experience these benefits can bring improvements in quality of life. Yet many people living with dementia face barriers to accessing these benefits, resulting in an unnecessary decline in their physical, emotional and social well-being.

Our services cover the following:

- **Supported Dementia Holidays:** We have offered fully supported dementia holidays for well over a decade. We understand the complex and individual needs of people living with dementia, as well as how carers can benefit from having the chance to relax and enjoy time with their loved one while we take care of all the planning and background tasks. Whether you're looking for an alternative to respite in which everyone gets a rest, or an opportunity to have an adventure together, we'll support you to have the break you deserve.

- **Free training for family and friends:** 'Understanding Dementia Better' and 'Mood and Motivation' are free, online training sessions for family and friends supporting someone with dementia at home. These informal sessions offer you a chance to meet others in a similar situation to you and will help you discover small and simple steps that can make a big difference.

- **Training and Consultancy:** As the only charity solely focused on dementia and nature, we are sector leaders in working with organisations in blue, green, health and care sectors. We will work with you to create inclusive services so that people with dementia can engage more with nature and have regular outdoor experiences.

- **Research:** All our work is rooted in the latest research. We also support other organisations in their research by assisting with joint funding proposals or project ideas and by sharing relevant research or resources they have written.

Structure, governance and management The Trust is a registered Charitable Incorporated Organisation (CIO). The charity's objects and regulations are governed by its constitution dated 17 August 2015. Dementia Adventure Trust (registered charity number 1163163) took forward the work of the unincorporated charity, The Dementia Adventure Trust (registered charity number 1152315). The assets, liabilities and funds of the unincorporated charity were transferred to the CIO on its date of registration.

Trustees are selected with regard to the skills, knowledge and experience needed for the effective administration of the organisation. The trustees may appoint new trustees pursuant to the constitution. Trustees serve for three years and can serve up to three terms. Trustees select new trustees and elect a chair and vice-chair. Trustees complete a thorough induction process. Trustees attend training opportunities with the DA team and with nationally recognised bodies such as NCVO and are supported to volunteer/participate in supporting the adventure holidays and other support activities to understand the direct impact of the work of the charity.

The Board of Trustees has responsibility for directing the affairs of DA, ensuring it delivers its objectives, is solvent, and is well run. The board is a strategic body that delegates operational management to the Chief Executive Officer who in turn is supported by further staff including a Senior Management Team, and volunteers.

As a charity focusing on health and well-being, DA believes that the well-being of its employees is extremely important. In support of this, DA requires no staff member to work more than 30 hours per week. In 2022 the average number of staff was 20; a full-time equivalent of 13.46. DA has always maintained a flexible working environment and since returning to the office post-lockdowns, we have successfully implemented a hybrid working model which has been an important factor when prioritising the well-being of our staff.

Our direct delivery teams cover the delivery of supported holidays known as 'adventures', training, consultancy, research, community engagement and communications - 13 staff in total in 2022. Our other staff support our delivery through fundraising, financial management, HR support, office and facilities management and volunteering coordination - a further 9 staff in 2022.

Volunteers are crucial to the success of the delivery of the activities of our charity. During the pandemic in 2020/21, our volunteer numbers were reduced considerably with the inevitable decline of supported holidays we could deliver. In 2022, we set out to build our volunteer numbers again as delivery services increased. By the end of the year, we had 77 volunteers in total. Between them, they contributed 6,619 hours of their time representing an estimated £103,587 of added value.

Overview of the past year

After a challenging two years with our clients and activities heavily impacted by the pandemic, we went into 2022 with fresh hope and vigour. A new three-year strategy, the first year of which has now been completed, provided direction and clarity of purpose. Faced with a bleak social and financial landscape, however, the year was not without its challenges.

The fallout from the pandemic and consecutive lockdowns continued to have a massive impact on people with dementia and their carers, on top of which the rising cost of living hit them harder than most. Over half the carers that responded to our summer survey told us that they were feeling its impact. Some found themselves having to make difficult decisions about food spend and energy bills. Over 70% were finding it increasingly difficult to cope with caring and were desperate for a break from their caring role.

Our return to a full programme of 31 supported dementia holidays facilitated much-needed breaks for 179 attendees in total. For those on low or no incomes, along with our subsidised prices, we responded to the cost of living crisis by providing additional financial support through our Dementia Adventure Support Fund to make breaks possible.

After COVID-19 fast-tracked our switch from face-to-face to online training for informal carers, 2022 saw us confidently deliver a programme reaching nearly 700 attendees. Alongside these free training sessions, we were able to re-open discussions with professional organisations in a variety of sectors, as well as start new relationships that are beginning to bear fruit. These training opportunities and partnerships give us great hope for reaching more people living with dementia, helping them to more easily access the benefits of getting outdoors and connecting with nature.

It is thanks to our highly valued volunteers and supporters that we are able to continue to deliver our ever-popular Adventures (supported holidays) and training sessions. The organisation also has a growing number of highly committed staff. It is a testament to their tenacity and belief in Dementia Adventure's values and purpose that we have been able to look back on a successful year.

Our 3-year strategic goals

1. Universal recognition of the benefits of outdoors and engaging with nature for people living with dementia (PLWD)
2. National recognition of DA services and providing a model of good practice, building a reputation as a go-to charity
3. Broader socio-economic, demographic and geographic range of beneficiaries from supported holidays and training services
4. Greater awareness and numbers of clients through referral pathways including social prescribing
5. Regular DA contributions of evidence towards dementia research programmes looking at the benefits of outdoor activities for PLWD
6. Balance between informal & professional beneficiaries of DA training
7. Well-engaged, well-supported and well-placed pool of volunteers to support referral pathways and DA activities
8. A well-resourced, supported, inclusive and flourishing DA team with year-on-year growth in line with business to maintain support
9. Greater breadth of funding sources including grant-makers, corporate partnerships, supported holidays and training
10. Year-on-year growth in income, holiday beneficiaries and commissioned training

Our Objectives for 2022

Adventures (supported holidays):

- Build supported holidays programme to pre-Covid levels to increase beneficiary numbers
- Expand reach, diversity and affordability

Training and Consultancy:

- Build partnerships with organisations to increase reach, diversity and delivery
- Expand our professional client base and offer to the healthcare and green space sectors through reconnections and new connections

Research:

- Create new symbiotic research partnerships to build evidence of the positive impact of outdoor activity and nature for people living with dementia

Communications:

- Build effectiveness, awareness and recognition through a refreshed brand, message, website and search engine optimisation
- Articulate, evaluate and measure our social impact to drive our activities

Volunteers:

- Rebuild our volunteer numbers; engage and deploy them to be effective DA connectors, awareness raisers and holiday supporters

Fundraising:

- Increase and diversify our funding to build sustainability and a greater range of committed donors and partnerships
- Embed income generation across DA to diversify income streams

Our delivery and impact in 2022

Adventures (supported holidays)

As the only dementia support charity in the UK to focus solely on the importance of connection to nature and the outdoors, we have continued to think differently about dementia. We challenge the stereotypes and perceptions of what it is to live with the condition, looking at what people can still do rather than what they can't.

In 2022, with the help of our volunteers, partners, and supporters, we have enabled people with dementia to get outdoors and experience nature's well-being benefits, by providing 31 supported holidays. This allowed people living with dementia and their carers, 179 in total, to experience for themselves that, with the right support, it is possible to live an active and fulfilling life.

For 48 of those clients who would not normally be able to afford a holiday, we were able to provide additional financial assistance through our DA support fund, with each case being assessed by our Financial Assistance committee and against pre-agreed criteria. This was in addition to our prices being subsidised on average by 25% thanks to the generosity of our donors. We also worked together with 3 different families to custom-build supported breaks that suited their exact needs.

Evaluations of these holidays are carried out through follow-up surveys which revealed the following results:

For people with dementia

- 78% had more exercise than usual
- 90% talked to people more than usual
- 68% ate better than usual
- 94% enjoyed getting outdoors and connecting with nature
- 60% thought their relationship with their companion improved
- 100% felt well supported by the staff and volunteers
- 100% felt safe whilst on holiday
- 95% enjoyed meeting people

For their companion carers

- 82% had a break from caring that wouldn't have been possible otherwise
- 97% felt well supported by the staff and volunteers
- 96% enjoyed getting outdoors and connecting with nature
- 63% got more exercise than usual
- 66% feel better equipped to continue in a supporting role
- 60% have an increased understanding of how to support someone with dementia
- 78% feel more positive
- 67% feel less stressed

Training & Consultancy – empowering others to think differently about dementia

In order to increase our reach across different communities and in different sectors, our strategy is to raise awareness and enable others to think differently about dementia through training. This is delivered directly to informal carers and people living with dementia, and to organisations who serve or interact with people living with dementia. Grounded in research, our training has been developed accordingly and in line with our ethos. Our approach means we focus on the individual, not the condition, looking at what is possible with the right support.

In addition to external research, by living alongside people who have dementia and their family members for 24 hours a day through our supported holidays, we are offered a unique opportunity to listen and learn about the challenges they face and the support they really need. These experiences shape all our training, and as a result, we offer positive solutions and real-world guidance that can apply to all kinds of circumstances.

Training for Informal Carers (families and friends of people living with dementia)

The impact of rising costs and the pandemic on social services has continued. In 2022, we saw an increase in the number of people finding it difficult to get the vital information and support they need to help them continue caring for loved ones. As a result, we have seen a growing need and demand for the training we provide for families supporting somebody with dementia at home. Our free, online sessions with experienced trainers provide practical strategies, hints, and tips, and encourage shared learning and support among attendees in similar situations.

Over the year, we ran a total of 41 sessions benefitting 669 attendees. Of these, 32 sessions covered our most popular topic: Understanding Dementia Better and with some very encouraging results.

Before the training:*

- 76% felt they did not have enough encouragement and support
- 60% had not tried or had found it difficult to find information and support

After the training:*

- 96% had an increased understanding of how to support someone living with dementia
- 60% felt less isolated
- 88% felt better equipped to continue in their supporting role
- 94% had a more positive understanding of dementia
- 73% intended to connect more with nature and the outdoors

*Cornish & Grey Evaluation, Understanding Dementia Better 2022

According to a recent Carers UK 'State of Caring' Survey, family carers rate their life satisfaction at an average of 4.7 out of 10, significantly lower than the UK average of 7.5. So, our Mood & Motivation training, for which we ran 9 sessions in 2022, is designed to improve the well-being of carers and provide strategies to improve the mental health of the person they support. Again, the results have been positive.

Carers told us that:*

- 97% were satisfied with their training
- 98% had an increased understanding of how someone living with dementia can lack the motivation to do things
- 98% had an increased understanding of strategies to improve motivation in the person they care for
- 89% felt better equipped to cope with the low motivation of the person they care for

*Cornish & Grey Evaluation, Mood & Motivation 2022

Training and Consultancy for Organisations

In 2022 we returned to supporting professionals at an organisational level, having made spaces on our family carer sessions available to professionals during the pandemic. We worked with a range of organisations in a variety of ways, training staff and volunteers, undertaking research, creating new resources, and running joint events, using the expertise of our respective organisations to benefit their audiences and ultimately ours.

A good example from 2022 was our partnership with gardening-for-health charity, Thrive, on a joint project to improve gardening information for people living with dementia and their carers. Our role was to co-produce with them inspirational advice for the Information Service section of the Thrive website.

We were led by evidence gathered through our joint research which revealed that nearly 80% of people living with dementia said that gardening helped improve their mental well-being, while over half claimed it kept them physically fit. We asked carers and people living with dementia how they used their gardens and what barriers kept them from gardening.

Launched on the Thrive website in October, the final co-branded materials looked to overcome the barriers encountered by the survey respondents and incorporated their tips on how to do so in a set of resources for understanding what people living with dementia can do to ensure that gardening remains enjoyable and accessible after diagnosis.

Organisations we worked with in 2022:

Arnside & Silverdale ANOB
Ashfield District Council
British Islamic Gardens
Community Voluntary Services Tendring
Forest of Bowland
Lincolnshire Wildlife Trust
Mental Health Foundation
Norfolk County Council
Plantlife
Provide CIC
Reading Voluntary Action
Royal Voluntary Service
Social Farms & Gardens
The National Forest
Thrive
University of Southampton
Uttlesford District Council

Supporting Research

In 2022 we continued to contribute to some exciting ongoing research. We contributed to ENLIVEN, a three-year project based at the University of Exeter, which aims to make the well-being benefits of outdoor activity more accessible to older people with cognitive impairment. We were active participants in sharing our work and relevant literature during evidence-gathering Stage 1 of the project and remain ongoing contributors to ENLIVEN's knowledge exchange forums.

Also in 2022, we entered into the planning stages of a collaboration with the University of Southampton on improving access to farm-based care for people with dementia. This has now started with evidence-based research, including focus groups and a survey, actively listening to the voices of people with dementia, their carers, and relevant service providers.

As part of our strategy to increase the diversity of our audience, we took steps to broaden our reach and better understand the barriers. Research shows, for instance, that people from ethnic minorities may be more at risk of developing dementia, and less likely to access support at all points of the dementia pathway.* Thanks to funding from the Kalverboer Silsby Foundation, we completed a scoping project looking at how we can better understand how people from different ethnic minorities value nature and outdoor experiences. We will use the conclusions to inform how our offering can benefit more people from ethnic minority backgrounds.

* 2022 South Asian Dementia Pathway ADAPT study.

Communications and Raising Awareness

We are a small charity but we think big. With 944,000 people living with dementia in the UK, numbers rising and no cure, it is vital we spread our message about living well with dementia and empower others to campaign alongside us to advocate for better access to nature for people with dementia.

In 2022, we undertook a brand refresh with the aim of increasing awareness of the charity and growing the number of people we are able to support. We revised our vision and mission statements and our core values to better describe our purpose and overhauled our visual identity, logos, colours, and fonts to better reflect who we are and what we do.

The development of a content strategy ensured that beyond simply promoting the work of the charity we began to bring awareness and provide education to our audiences, challenging the perception of what is possible with the condition. Through digital channels, our reach increased to over 70,000 people.

- Social media audience: 22,470
- Email subscribers: 3,653
- Website visitors: 47,166
- Total people reached: 70,000+

Our Volunteers

Much of what we do is reliant on our dedicated team of volunteers. They are incredibly important to our work enabling us to deliver further. We benefit and so do they. Through feedback surveys, they tell us that they get a huge amount of satisfaction from volunteering with Dementia Adventure. The experience of volunteering can help them develop new skills and gain knowledge that they can use in both their work and personal lives, and from wider research we know it can have a powerful, positive effect on their own mental health and wellbeing.

In 2022, we had 77 inspiring volunteers in a range of roles from gardening, holiday support and creating photo books to raising awareness of the charity by giving talks, representing us at events, or sitting on our Board of Trustees. Between them, they donated an incredible 6,619 voluntary hours, valued at £103,587.

Our holiday volunteers' experiences:*

- 99% felt part of the team
- 99% felt that their contribution mattered
- 99% were proud of the difference made to the people who came on holiday
- 97% felt well supported by Dementia Adventure

They also gained knowledge and skills:*

- 97% went away with increased knowledge and skills to support carers and people living with dementia
- 89% reported increased confidence to support nature connections and outdoor experiences for people living with dementia
- 90% will use what they learned in their work or personal life

*Cornish & Grey Evaluation 2021-22

Fundraising

We are so grateful to our supporters and grant funders. From our long-standing partners including the People's Postcode Lottery who have provided flexible and consistent support, to the new funders who have heard about us and believed in our mission, together they contributed £695,364 of our total income in 2022. That meant, for every £1 invested, we raised £5.

Thank you to all the individuals, businesses, and grant funders who made this possible:

Asda Foundation
Barratt & David Wilson Community Fund
Birketts LLP
DWF Foundation
Edward Jackson Ltd
Freddie's Flowers
Golden Bottle Trust
Kalverboer Silsby Foundation

McLay Dementia Trust
Mercers' Company
Newby Trust
Pennies Foundation
Players of the People's Postcode Lottery
Thortful Ltd
Plus all our individual donors

Looking forward

We are keen to change the way the world thinks about dementia. In 2023, we will be doing that by growing our reach and using our new brand to run a digital campaign focused on spreading our positive message.

We will build on our existing partnerships and look to develop new ones; as a small charity, we know partnerships strengthen us and make our message stronger. We will support organisations to create their own accessible services for people with dementia, develop corporate partnerships with businesses, and nurture our relationships with long-term funders such as the People's Postcode Lottery. In the same way, we teach others to see each person with dementia as an individual, not their diagnosis, we will treat every partnership and organisation we work with as a unique relationship.

With a new role that will focus on research, we will contribute to the evidence base around the importance of outdoor activity and connecting with nature for people living with dementia.

We will broaden the socioeconomic, demographic, and geographic range of people we reach and benefit. We are responding to the current cost of living crisis by subsidising our 2023 supported breaks by a minimum of 30% and increasing the amount of additional support we provide through our Dementia Adventure Support Fund. We are adapting the way we deliver our online training for family and friends, adding 'watch parties' hosted by a partner organisation to support carers who lack digital skills and access. We are also moving into Scotland, delivering our first supported breaks in Fife and launching a volunteering recruitment and training programme nearby.

With the lack of other support services and the pressure on health and social care, the need for our work is growing; it is estimated that two million people will be living with dementia by 2051.

We know that if we provide the right support for both people with dementia and their families, people can remain living independently at home for longer, reduce pressure on health and social care services, and ultimately live more active and fulfilled lives.

Fundraising Statement

DA is registered with The Fundraising Regulator and our fundraising activity is compliant with the Code of Fundraising Practice. We are fully compliant with The General Data Protection Regulation (GDPR) and use a Client Relationship Management (CRM) database to store donor information securely and responsibly. We do not share donor information with any third-party organisations without explicit consent.

Our fundraising activity is designed to reflect the mission statement of the organisation. We look for fundraising activities which enable people to get outdoors, and wherever possible involve people living with dementia. We encourage donations towards our work in all our materials and on all our social media channels. We did not send any direct fundraising appeals during 2022.

We have agreements in place with third parties such as JustGiving, Donr, and local and national event organisers. Through our Fundraising Pack and Guidelines, fundraisers are informed of the range of legal, ethical and regulatory requirements which apply to fundraising activities, including Health and Safety, risk assessments, public liability insurance, and Lottery legislation. Fundraisers are advised that it is their responsibility to keep their event safe and legal and to keep good records of all activity.

We are committed to providing a high-quality service to all service users, partners and supporters. We have a clear complaints policy that instructs us to thoroughly investigate any complaints, communicate results, record results and review our work, enabling improvements to be made, if required. We received no complaints about our fundraising activities in 2021/22.

Dementia Adventure is committed to protecting vulnerable people and other members of the general public from unreasonable intrusion on a person's privacy, unreasonably persistent fundraising approaches and placing undue pressure on a person to give money. Our fundraising activities follow both the Code of Fundraising Practice and our own Ethical Policy for Funding Relationships with Third-Party Organisations. Our CRM database allows us to identify potentially vulnerable people and exclude them from any fundraising appeals.

Financial review

Overall, the total income of the Charity was £916,074 (2021: £816,775), and total expenditure was £939,068 (2021: £624,330) with a resulting deficit of £30,580 after also including investment losses of £7,586.

The closing funds of £860,539 include general free reserves (excluding fixed assets) of £814,056 alongside restricted funds of £18,085. This year, an additional £100,000 was transferred into investments. This year our investments have generated a negative return of £7,586, (3%).

The majority of Dementia Adventure's income is generated through voluntary and charitable means including:

- the contribution of clients towards the cost of our Adventure holidays,
- funding from charitable trusts and foundations, and
- fundraising through community events, challenges, corporate and major donors, and individual giving including 'In Memory' donations and legacies.

Whilst people living with dementia and their carers pay a contribution to the costs of running and administering holidays, around 25% of these costs are subsidised by Dementia Adventure. In addition, we raise funds to offer financial assistance for those who would benefit from our holidays but need the means to pay the full published price. There has been a noticeable demand for this in 2022 and we expect this demand to increase. Charitable funds are also raised to cover our training and online support offered free of charge to people living with dementia and their informal carers (families and friends).

Reserves Policy Dementia Adventure is keen to secure its long-term viability and become financially and socially sustainable so that our services and activities can benefit greater numbers of people living with dementia. In order to be able to provide reliable services over the long term, remain innovative and absorb setbacks, maximise opportunities and, effectively reserve against future uncertainties, Dementia Adventure will build up and then hold back an appropriate level of funds as reserves for:

a) Unforeseen Emergencies – the risk of this or other unexpected need for funds, e.g. replacement of IT or other equipment or an unexpected expenditure such as legal or professional costs,

b) Operational Core Costs - to pay the core staff salaries for up to 3 to 6 months and for unforeseen day-to-day operational costs, e.g. employing temporary staff to cover long-term sickness absence, maternity leave or parental leave,

c) Low Income - funds might be needed to maintain working capital or to give the organisation time to take action if income falls below expectations, e.g., if a grant is not being renewed or to repay any grant monies to a funder or non-payment by a customer,

d) Budget Deficits - the need to fund short-term deficits in a cash budget, e.g., money that may need to be spent before a major grant is received, and

e) Closure of Business – costs incurred if Dementia Adventure was to be wound down including meeting redundancy costs, loans, hire agreements and associated legal and accountancy expenses and to repay in full any monies owing to other parties.

Dementia Adventure aims to hold free reserves to cover adequately 6 to 9 months' operating costs taking into account the:

- risks associated with all income streams and expenditures being different from that budgeted,
- planned activity level, and
- commitments of the organisation.

Unrestricted free reserves, excluding those tied up in fixed assets, are currently in place to the value of £814,056 (see note 15) which represents 9 months of 2022/23 budgeted costs. Due to the exceptional circumstances created by the pandemic and uncertainty around the fundraising climate, the Trustees have taken the decision to hold higher reserves to enable us to scale up operations to meet demand and to allow sufficiently for the reasons listed above.

Financial Investments powers and policy

Under the terms of the charity's governing documents, the charity has the power to invest in any way the Trustees wish. The Trustees have agreed on an investment policy, which was reviewed during the year and updated in part. In considering the investment policy, the Trustees place much emphasis on the need to invest in financial products that are ethical in nature having regard to the objects of the charity. To demonstrate the ethical and responsible requirements of the charity as balanced against the need to ensure that the charity's investments generate income to contribute to the running costs of the charity, the salient parts of the investment policy are as follows:

- short-term investments will be held in instant or short-notice access savings accounts; and
- long-term investments will be made ethically and will be spread over many areas.

Trustees' responsibilities statement The trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (the United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently,
- observe the methods and principles in the Charities SORP 2019 (FRS 102),
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval of financial statements The financial statements and reports of the Trustees were approved by the Trustees on the date shown below. All material events after the balance sheet date have been recognised in these financial statements either by adjustment or notes where the Trustees consider that disclosure of the event is required to reach a better understanding of the charity's financial position.

Independent examiners The Trustees resolved that Edmund Carr LLP is re-appointed as the independent examiner and a resolution proposing that they be re-appointed will be put to the next relevant board meeting.

This report was approved by the Trustees on 13 JULY 2023 and is signed on their behalf by:

.....

Debbie Marshall
Chair of Trustees

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 30 NOVEMBER 2022

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 November 2022 which are set out on pages 18 to 31.

Responsibilities and basis of report
As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 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
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Ray Crace

Ray Crace FCA
For and on behalf of
Edmund Carr LLP
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 14 July 2023

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 30 NOVEMBER 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Income:					
Donations and legacies	2	562,864	132,500	695,364	712,300
Charitable activities	3	215,239	-	215,239	104,395
Investment income	4	5,471	-	5,471	60
Total income		783,574	132,500	916,074	816,755
Expenditure:					
Costs of raising funds					
Raising funds	5	97,688	42,684	140,372	74,835
Charitable expenditure					
Expenditure on charitable activities	5	670,500	128,196	798,696	549,495
Total expenditure		768,188	170,880	939,068	624,330
Net (losses)gain on revaluation of investments	10	(7,586)	-	(7,586)	22,851
Net movement in funds		7,800	(38,380)	(30,580)	215,276
Reconciliation of funds					
Total funds brought forward		834,654	56,465	891,119	675,843
Total funds carried forward	15	842,454	18,085	860,539	891,119

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 21 to 31 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
BALANCE SHEET
AS AT 30 NOVEMBER 2022

	Note	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Investments	10		249,262		156,848
Tangible assets	9		28,398		33,111
Current assets					
Debtors	11	37,851		10,688	
Cash at bank and in hand		612,325		742,943	
		650,176		753,631	
Creditors: Amounts falling due within one year	12	(67,297)		(49,281)	
Net current assets			582,879		704,350
Total assets less current liabilities			860,539		894,309
Creditors: Amounts falling due after more than one year	13		-		(3,190)
Net assets			860,539		891,119
Funds of the charity					
Restricted funds	14		18,085		56,465
Unrestricted funds	15		842,454		834,654
Total charity funds			860,539		891,119

For the year ending 30 November 2022 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Trustees on 13/07/2023 and signed on its behalf by:

Debbie Marshall
Chair

Richard Harvey
Trustee

The notes on pages 21 to 31 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
CASH FLOW STATEMENT
YEAR ENDED 30 NOVEMBER 2022

		2022 £	2021 £
Net movement in funds		(30,580)	215,276
Add back depreciation charge	9	4,713	5,211
Deduct interest income shown in investing activities	4	(5,471)	(60)
Deduct unrealised gains/losses on investment assets	10	7,586	(22,851)
Add back loss on disposal of fixed assets & investments		-	100
(Increase) / decrease in debtors	11	(27,163)	18,323
Increase/(decrease) in creditors due in less than one year	12	18,016	(363)
Increase in creditors due in more than one year		(3,190)	(6,380)
Cash from operating activities		(36,089)	209,256
Cash flows from investing activities			
Interest income	4	5,471	60
Purchase of fixed assets	9	-	(1,703)
Purchase of investments	10	(100,000)	-
Cash from investing activities		(94,529)	(1,643)
(Decrease) / increase in cash and cash equivalents in the year		(130,618)	207,613
Cash and cash equivalents at the beginning of the year		742,943	535,330
Total cash and cash equivalents at the end of the year		612,325	742,943

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and 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 (FRS 102) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Organisational status

The charity was registered on 17 August 2015 as a Charitable Incorporated Organisation (CIO) (registered number 1163163) to take forward the work of the unincorporated charity, The Dementia Adventure Trust, registered number 1152315. The assets, liabilities and funds of the previous unincorporated charity were transferred to the CIO on its date of registration.

Dementia Adventure Trust meets the definition of a public benefit entity under FRS 102.

The members of the charity are the trustees named on page 1.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income

Donations and legacies

All monetary donations and gifts are included in full in the Statement of Financial Activities when receivable, provided that there are no donor-imposed restrictions as to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

Donations under Gift Aid, together with associated income tax recoveries, are credited as income when donations are receivable.

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made, if the receipt is both certain and measurable. These are included in the Statement of Financial Activities.

1. ACCOUNTING POLICIES (continued)

Grant income

Revenue grants are credited as income when they are receivable, provided conditions for receipt have been complied with, unless they relate to a specified future period, in which case they are deferred.

Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense catagories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated based upon pro rata to staff full time equivalents.

Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Tax status

Dementia Adventure Trust is a registered charity and is not subject to corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Fixed assets are shown at original cost or, if donated, at their value on the date of the gift, less accumulated depreciation. Only fixed assets with a cost of more than £1,000 are capitalised. Depreciation is provided at rates calculated to write off their cost or value, less their estimated residual value over their estimated useful lives on the following basis:

Fixtures and fittings - 33.33% straight line
Motor vehicles - 12.50% reducing balance

Investments

Investments in subsidiaries held as fixed assets are stated at cost less provision for any permanent diminution in value.

Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

1. ACCOUNTING POLICIES (continued)

Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised at the transaction price.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and deposits.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and the use of each restricted fund is set out in the notes to the financial statements.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Donations	107,910	-	107,910	23,448
Grant income	454,954	132,500	587,454	688,552
	562,864	132,500	695,364	712,300

For an extended list of restricted grant income received in 2021 and 2022, see Note 14.

3. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Holiday provision revenue	188,909	-	188,909	71,622
Training and Consultancy revenue	26,330	-	26,330	32,773
	215,239	-	215,239	104,395

All income from charitable activities in the prior year was attributable to unrestricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Interest receivable	5,471	-	5,471	60
	5,471	-	5,471	60

All investment income in the prior year was attributable to unrestricted funds.

5. EXPENDITURE ON RAISING FUNDS AND CHARITABLE ACTIVITIES

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2022	Total 2021
	£		£	£	£	£	£
Fundraising expenditure	5,070	-	-	-	-	5,070	3,020
Activity costs	-	131,733	12,304	1,067	61,377	206,481	100,066
Salaries, NI and pensions	83,945	145,877	123,605	8,734	64,916	427,077	326,981
Support costs **(note 6)**	49,272	112,586	68,981	9,854	47,547	288,240	183,719
Governance costs **(note 7)**	2,085	4,766	2,920	417	2,012	12,200	10,544
	140,372	394,962	207,810	20,072	175,852	939,068	624,330

£768,188 (2021: £464,150) of this expenditure was from unrestricted funds and £170,880 (2021: £150,843) was from restricted funds.

6. SUPPORT COSTS

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2022	Total 2021
	£	£	£	£	£	£	£
Staffing costs	31,169	71,219	43,636	6,234	30,078	182,336	108,544
Rent, rates and insurance	3,228	7,377	4,519	646	3,115	18,885	16,290
Office costs	7,506	17,152	10,508	1,501	7,243	43,910	41,774
Depreciation	806	1,841	1,128	161	777	4,713	5,211
Other support costs	6,563	14,997	9,189	1,313	6,334	38,396	11,900
	49,272	112,586	68,980	9,855	47,547	288,240	183,719

Support costs are apportioned to activities based on the split of staff time.

7. GOVERNANCE COSTS

	2022	2021
	£	£
Independent examination / audit fee	2,015	1,895
Accounts' preparation	-	1,300
Fees payable to auditor / independent examiner	2,015	3,195
Other governance costs and bookkeeping	10,185	7,349
	12,200	10,544

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	508,472	391,890
Social security costs	42,768	28,338
Defined contribution pension costs	26,805	15,297
	578,045	435,525

The average monthly number of employees by head count during the period was:

2022	2021
No.	No.
20	19

The average number of full-time equivalent employees during the year was 13.46.

No employee received remuneration greater than £60,000 in the period (2021: None).

No trustee, or person with a family or business connection with a trustee, received remuneration in the year, directly or indirectly, from the charity.

Trustees are reimbursed reasonable expenses incurred when acting on behalf of the charity. During the year £561 was reimbursed to 4 trustees during the period for travel & accommodation costs incurred (2021: £295).

The total employee benefits of the key management personnel of the group were £194,177 (2021: £170,477).

Staff costs are apportioned between activities based upon staff time.

9. TANGIBLE FIXED ASSETS

	Motor vehicles £	Equipment £	Total £
Cost			
At 1 December 2021	57,870	22,828	80,698
Additions	-	-	-
Disposals	-	-	-
At 30 November 2022	57,870	22,828	80,698
Depreciation			
At 1 December 2021	26,301	21,286	47,587
Charge for year	3,946	767	4,713
At 30 November 2022	30,247	22,053	52,300
Net book value			
At 30 November 2022	27,623	775	28,398
At 30 November 2021	31,569	1,542	33,111

10. FIXED ASSET INVESTMENTS

	Total 2022 £	Total 2021 £
Investment in subsidiary company	-	-
Listed investments	249,262	156,848
	249,262	156,848

Investment in subsidiary company:
The charity previously held 100% of the share capital in the dormant company, Dementia Adventure Community Interest Company. On 3 August 2021, Dementia Adventure Community Interest Company was voluntarily dissolved as it was no longer required.

10. FIXED ASSET INVESTMENTS (continued)

Listed investments:	**2022**
	£
Valuation	
At 1 December 2021	156,848
Revaluations	(7,586)
Additions	100,000
At 30 November 2022	249,262
Net book value	
At 30 November 2022	249,262
At 30 November 2021	156,848

11. DEBTORS

	2022	**2021**
	£	**£**
Trade debtors	10,192	2,006
Prepayments and accrued income	27,659	8,682
	37,851	10,688

12. CREDITORS: amounts falling due within one year

	2022	**2021**
	£	**£**
Trade creditors	10,678	12,572
Accruals	3,140	3,196
Deferred income	14,200	-
Other creditors	4,768	3,249
VAT payable	16,011	15,382
Other tax and social security	14,779	8,502
Obligations under hire purchase contracts	3,721	6,380
	67,297	49,281

Deferred income relates to grants received that relate to future activities.

13. CREDITORS: amounts falling due in more than one year

	2022	**2021**
	£	**£**
Obligations under hire purchase contracts	-	3,190

14. RESTRICTED FUNDS

Current year:	Movement in funds				
	Balance at 01/12/2021	Income	Expenditure	Transfers	Balance at 30/11/2022
	£	£	£	£	£
1) Rutland County Council	883	-	(883)	-	-
2) ASPIRE Learning	1,517	-	-	-	1,517
3) People's Postcode Lottery, Postcode Care Trust	50,811	100,000	(144,311)	-	6,500
4) The Golden Bottle Trust (Anon)	3,414	5,000	(3,414)	-	5,000
5) Allotment	(160)	1,000	(346)	-	493
6) Henry Sale	-	8,000	(8,000)	-	-
7) Dementia Confident Communities	-	7,000	(5,086)	-	1,915
8) Kalverboer Silsby Foundation	-	5,000	(2,340)	-	2,660
9) Newby Trust	-	5,000	(5,000)	-	-
10) DWF Foundation	-	1,500	(1,500)	-	-
	56,465	132,500	(170,880)	-	18,085

1 Rutland Water Time in Nature project funded by Rutland County Council and private donors to enable
people living with dementia to get outdoors.
2 Training budget for a staff member.
3 Extra award towards strategic research, fundraising staff, developing, training and employing a communications agency
4 Funding to support delivery of Dementia Skills Sessions
5 Funding for the Dunmow Allotment project, from various small funders
6 Funding for supported holidays
7 Training and Engagement event, funded by North East Essex Health and Wellbeing Alliance. Funding is administered through CVST Tendering Together.
8 Funding for research into ethnic minorities access to nature.
9 Funding for supported holidays.
10 Funding for supported holidays.

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 30 NOVEMBER 2022

14. RESTRICTED FUNDS (continued)

Prior year:

	Balance at 01/12/2020	Movement in funds: Income	Expenditure	Transfers	Balance at 30/11/2021
	£	£	£	£	£
1) People's Postcode Lottery, Postcode Innovation Trust	50,631	-	(50,634)	3	-
2) National Lottery Awards For All	3,347	-	(3,347)	-	-
3) Rutland County Council	4,130	2,000	(5,247)	-	883
4) Job Retention Scheme	-	13,225	(13,225)	-	-
5) Rank Foundation Recovery Fund	-	10,000	(10,000)	-	-
6) Anonymous	-	5,000	(5,000)	-	-
7) Tesco Bags of Help	-	1,000	(1,002)	2	-
8) ASPIRE Learning	-	1,517	-	-	1,517
9) Pennies Foundation	-	5,119	(5,119)	-	-
10) People's Postcode Lottery, Postcode Care Trust	-	100,000	(49,189)	-	50,811
11) The Golden Bottle Trust (Anon)	-	10,000	(6,586)	-	3,414
12) Allotment	-	-	(160)	-	(160)
13) Other restricted funds	-	1,334	(1,334)	-	-
	58,108	149,195	(150,843)	5	56,465

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year:

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
Tangible fixed assets	28,398	-	28,398
Investments	249,262	-	249,262
Other net assets	564,794	18,085	582,879
	842,454	18,085	860,539

Prior year:

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
Tangible fixed assets	33,111	-	33,111
Investments	156,848	-	156,848
Other net assets	644,695	56,465	701,160
	834,654	56,465	891,119

16. RELATED PARTY TRANSACTIONS

There were no related party transactions during the year.

17. OBLIGATIONS UNDER LEASES

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2022	2021
	£	£
Within one year	18,086	16,440
Between one and five years	36,410	414
	54,496	16,854

DEMENTIA ADVENTURE TRUST

England & Wales - Charity number 1163163

Accounts



DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
TRUSTEES REPORT AND FINANCIAL STATEMENTS
30 NOVEMBER 2021

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163.

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DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 30 NOVEMBER 2021

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163613.

The Trustees present their Annual Report with the independently examined financial statements for the year ended 30th November 2021.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014 (as amended by Update Bulletin 1, published on 2 February 2016).

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity Number	1163163
Registered Office	Unit 11, Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
Board of Trustees	J Barnes (Chair) (resigned 12 April 2021) K Chaplain (Acting Chair 15 April to 7 August 2021) C Chapman (resigned/end of term 17 March 2021) R Clough W Fearnley (from 17 March 2021) L Fox (resigned/end of term 10 December 2021) R Harvey K Hollis QC (from 16 June 2021) D Marshall (Chair from 2 August 2021) L McNally (from 17 March 2021) (Vice Chair from 15 April 2021) B Mister MBE (Vice-Chair) (resigned 4 February 2021) S Upton (resigned/end of term 25 August 2021) C Sexton (resigned 9 December 2020) V Sriram (from 17 March 2021)
CEO	V Depledge (resigned 31 April 2021) F Petit (Interim CEO 18 May 2021, CEO 18 November 2021

Independent Examiner	Ray Crace FCA, Edmund Carr LLP 146 New London Road, Chelmsford, CM2 0AW
Bankers	The Co-operative Bank Plc 250 Delf House, Southway, Skelmersdale, WN8 6WT
Investment managers	CCLA Fund Managers Limited Senator House, 85 Queen Victoria Street, London, EC4V 4ET

Dementia Adventure – our purpose, structure and governance

Vision Statement A more active and fulfilling life for everyone living with dementia.

Mission Statement Supporting people with dementia to get outdoors and experience the benefits of nature.

Public Benefit Dementia Adventure (DA) is a registered charity, and its charitable objectives are to relieve the needs of people living with dementia, and their carers, by:

- Providing or assisting in the provision of holidays, outdoor activities or other support; and
- Promoting research into the benefits of activities which assist in furthering these objects and publishing the results of that research.

The Trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when reviewing the Trust's aims and objectives and in planning future activities.

Structure, governance and management The Trust is a registered Charitable Incorporated Organisation (CIO). The charity's objects and regulations are governed by the constitution dated 17 August 2015. Dementia Adventure Trust (registered charity number 1163163) took forward the work of the unincorporated charity, The Dementia Adventure Trust (registered charity number 1152315). The assets, liabilities and funds of the unincorporated charity were transferred to the CIO on its date of registration. The charity had a wholly owned subsidiary, Dementia Adventure Community Interest Company (CIC), that came under the control of the charity on 31 October 2016. The CIC no longer exists, having been dissolved on 3 August 2021, after being dormant for a number of years.

Trustees are selected with regard to the skills, knowledge and experience needed for the effective administration of the organisation. The trustees may appoint new trustees pursuant to the constitution. Trustees serve for three years and can serve up to three terms. Trustees select new trustees and elect a chair and vice-chair. Trustees complete a thorough induction process. Trustees attend training opportunities with the DA team and with nationally recognised bodies such as NCVO and are supported to volunteer/participate in supporting the adventure holidays and other support activities to understand the direct impact of the work of the charity.

The Board of Trustees has responsibility for directing the affairs of DA, ensuring it delivers its objectives, is solvent, and is well run. The board is a strategic body that delegates operational management to the Chief Executive Officer who in turn is supported by further staff including a Senior Management Team, and volunteers.

DA has an objective that no staff member works full time, and the maximum hours worked per week by each individual is 30. The staff team includes four team members directly supporting the delivery of training and consultancy activities and five directly supporting the delivery of adventures. The remainder of the team provides administration, financial management, fundraising, HR, office and facilities management, volunteering coordination, community engagement and communications support to enable all activities to reach and benefit more people. In 2021 we employed 19 staff; a full-time equivalent of 12.38 staff. DA has always maintained a flexible and hybrid working environment which, in these post-lockdown days, is an ever more important factor when prioritising the well-being of our staff.

Volunteers are crucial to the success of the delivery of the activities of our charity. However, the global pandemic of 2020-21 had a significant impact on the number of volunteers able to support our work. Over the course of the year volunteer numbers reduced from 110 to an average of 79 as people's priorities changed due to seeking paid work, health reasons or other commitments. This reduced number challenged us as we built up our adventure holiday programme again but we were very grateful to our volunteers who contributed 3,447 hours of their time representing an estimated £52,190 of added value.

Overview of the past year

With 900,000 people in the UK living with some form of dementia, supported by around 700,000 informal or family carers, and with no cure on the horizon, that might be challenging enough in terms of understanding the size of the community we are trying to reach. Like everyone else, however, we went into 2021 with the additional challenge of facing a second year of the existence of Covid-19 and the impact of lockdowns, social distancing rules and different regulations across national borders. Even as the rules were relaxed it was clear that, after so long being starved of connection with the outdoors and their community, the symptoms for many of those living with dementia in the community we support had

accelerated. This was tough for their carers, family and friends who continued to provide care at home. By 2021, they were in their second year of being on call 24/7, often alone and exhausted.

Dementia Adventure, a charity now in its 13th year, provided support throughout it all. It is a testament to the team and their indefatigable enthusiasm and commitment that we were able to deliver the services that we did. We adapted and continued to enable people with dementia to lead healthier and more active lives: bringing emotional, social and physical benefits to them and their families. Though not as many as in pre-pandemic years, in 2021 we were able to run many more supported holidays (24 in total) than in 2020 (3), with full adherence to Covid safety requirements. We provided virtual training and support to 2,516 people, compared to 2,012 in 2020. And we ensured that our services addressed the impact of the pandemic on people's confidence and energy levels. The positive feedback from clients on our supported holidays and our training sessions was extremely encouraging and spurred us on in planning an ambitious programme for 2022.

We appointed a new CEO in 2021 and used the opportunity to carry out a strategic review of our organisation and its services, making certain we are fit for future challenges.

Our objectives for 2021

Holidays (Adventures)

- Sustain and constantly strive to improve our standards of operational excellence on our UK holiday delivery programme – ensuring we have sufficient funds, resources, locations and guests to deliver consistently excellent standards of supported holidays and short breaks across the UK
- Develop diversity within DA beneficiaries and locations
- Develop practical offers with partner organisations to broaden the future diversity of holiday clients

Training Research and Consultancy

- Identify and secure appropriate funding to deliver projects to a consistently and measurably high quality
- Identify and create partnerships with complementary organisations to improve community cohesion and sustainability within the geographic reach of our current holiday and training locations
- Develop and revise our current training products to ensure we have sustainable, flexible and scalable products
- Provide learning experiences that encourage positive change, actively seek feedback that is evidence building and enables improvement and growth

Research, Evaluation and Impact Measurement

- Embed research and evaluation in all projects to better understand the short and long-term impact of what we do, incorporating external evaluation through trusted partnerships
- Maximise the assessment tools available to gather quantitative and qualitative data from all activities and engagements to understand and share the impact of our activities
- Maximise our use of systems, processes, software and technology to gather larger, more reliable and more consistent data sets to be able to clearly and publicly demonstrate impact – incorporating online data collection, new data collection and automation
- Offer information, opportunities and support to academic organisations in the development of appropriate and relevant research

Volunteering

- Develop and expand the recruitment, training and support of volunteers to support every area of the organisation whilst maintaining holiday volunteer numbers
- Increase the resources to support the wider engagement and development of volunteers

Funding and Investment

- Expand our diversity of income and funders for future sustainability
- Develop an effective communication strategy to ensure that key messages and objectives are embedded across the organisation
- Maximise the effectiveness and value of all existing resources to ensure investment is used wisely and transparently

Our activities and impact in 2021

Supported adventures and local supported outings

The challenges of dementia can make holidays feel impossible. And yet caring can be exhausting and breaks are essential.

Dementia Adventure's alternative to traditional respite care allows families to have a break and enjoy time outdoors together, with our trained staff and volunteers providing essential support. During the summer, Dementia Adventure safely delivered 24 UK-supported adventure breaks, with 78 Covid-safe places. 24 new Outdoor Experiences provided another 69 supported opportunities to enjoy a local day out.

During the year we offered a couple of new and different holidays to expand our reach. We managed to deliver a successful family holiday for a father living with dementia along with his wife and 2 young children. We assisted them to access an external bursary to part-fund their break. We also trialled a "staycation" for a couple who did not feel confident to leave their home or the additional in-home support that they had in place. So, we provided three days of outings and full 24-hour support as if they were on holiday.

In 2021 we worked towards building a clearer additional subsidy policy and procedure to allow our holiday offer to be extended to more people and further increase our diversity of clients to be used in 2022.

Carers reported:

- 88% had a break from caring that they wouldn't otherwise have had,
- 88% felt more positive,
- 78% felt better able to cope in their caring role, and
- 97% enjoyed getting outdoors and connecting with nature.

People living with dementia reported:

- 100% felt safe on the holiday,
- 88% talked to more people than usual,
- 100% enjoyed getting outdoors and connecting with nature,
- 69% had better appetite than usual, and
- 56% said their relationship with their companion had improved.

Our Training & Consultancy – empowering others

Our holidays give Dementia Adventure lived experience directly supporting people with dementia. This perspective from the voices of those living with dementia is embedded into our unique training offer for friends, family, volunteers, staff and organisations.

In total, we trained 2,516 people in 2021. The move online in 2020 has significantly increased Dementia Adventure's reach. Carers can attend while performing their caring role and we have sometimes had more than one family member in the same online training session making joint care decisions in the chatroom. In-person delivery, however, brings a closer connection and Dementia Adventure is looking forward to continuing a hybrid approach in the future.

Our training for informal carers (family and friends of people with dementia) is provided free of charge. We also work with professional carers and organisations, the latter being either in partnership with or for a commissioned piece of work.

Building confidence in family and friends through our training offer

Our introductory training session Understanding Dementia Better (formerly known as Thinking Differently About Dementia) helps carers build positivity and confidence. They receive practical solutions that lead to improved well-being.

- 97% left with an increased understanding of how to support someone with dementia,
- 95% would recommend the training,
- 80% felt better equipped to cope with their situation,
- 77% were more confident about ways to engage with nature and the outdoors, and
- 75% had previously received minimal or no contact with a support service.

As restrictions eased, people needed the confidence to get back outside so we developed new Nature is Calling sessions. And with the pandemic taking its toll, Mood & Motivation covered how to raise mood, build confidence and plan meaningful activities.

One of Dementia Adventure's priorities is to be more inclusive. We made some progress in 2021: 12% of training attendees were from an ethnic minority, and 10% had a disability.

Supporting professionals during the pandemic through our training and consultancy work

With many UK services closing and staff on furlough, we made spaces available for care professionals at our Understanding Dementia Better sessions. Two new sessions, Time in Nature and Managing Risk, encouraged care professionals to use this time positively and plan how they could connect people with nature once services resumed.

- 177 people attended across 11 sessions,
- 90% left with an increased understanding of the health benefits of outdoor activity and methods to support people living with dementia,
- 97% had increased confidence to support nature connection and outdoor experiences, and
- 85% planned to make recommendations for how their organisation might better support carers and people living with dementia.

Last year we were also commissioned to deliver training to 1,165 professionals, giving them the confidence and skills to create dementia-inclusive outdoor activities. We worked with the following organisations:

Ashfield District Council
Methodist Homes Association
National Forest Company
Norfolk County Council
Provide CIC
Royal Voluntary Service
Social Farms and Gardens

Supporting research

Dementia Adventure continues to contribute to the evidence base around the importance of outdoor activity for people living with dementia. We bring our lived experience expertise and our reputation as service innovators.

During 2021 we partnered with the following external research projects:

- University of Worcester: we contributed to a study funded by the Big Lottery Fund which concluded that "access to the outdoors is not a luxury, it is a basic human right",
- University of Exeter: a three-year ENLIVEN* project which works with small businesses to make the well-being benefits of outdoor activity to older people with cognitive impairment more accessible,
- Carers UK - Carers and Physical Activity: we contributed to a report which found that carers face many barriers preventing them from prioritising their own health and well-being, and
- University of Southampton: we helped bring together stakeholders for a pilot study around the value of care farms for people living with dementia.

* ENLIVEN - Extending active life for older people with a cognitive impairment through innovation in the visitor economy of the natural environment. A programme run by the University of Exeter.

We continued to work with our independent evaluation partner, Cornish & Grey, to evaluate and demonstrate effectively the impact of our training on family and friends. They have also supported us to create an evaluation framework and evaluation tools for our programme of supported holidays. This has enabled us to demonstrate our work's impact and learn and adapt as both projects progressed. In the summer of 2021, Cornish & Grey supported us to undertake some research to inform our strategic direction. This included qualitative and quantitative research to guide the development of our holiday and training offer, and the creation of an organisation-wide theory of change.

The two-way benefits of volunteering

Our amazing volunteers support our delivery and help us achieve our impact. This year, they gave their time and skills to help us run our holidays, deliver supported days out and spread our message. Time and again, we also hear how much people gain personally from volunteering
with us, and how they use what they learn in their professional and personal lives.

In 2021, our volunteers gave 3,447 volunteer hours valued at an estimated £52,190 which added £2,200 of value to each supported group holiday.

Our Adventure holiday volunteers told us that:

- 100% had fun and felt part of the team while volunteering,
- 100% gained a better understanding of the lived experience of carers and people with dementia,
- 100% gained increased knowledge and support skills,
- 95% increased their confidence to support outdoors experiences for people with dementia, and
- 84% planned to use what they had learnt in their work or personal life.

Fundraising and investment to increase our reach and awareness

We are so grateful to our incredible supporters, funders and volunteers. And despite another difficult year for fundraising, for every £1 spent, we generated £14. From our long-standing partners including the People's Postcode Lottery who have provided flexible and consistent support, to the new funders that have helped us to keep supporting people with dementia and their families throughout an unpredictable period. It is only with their help that we can reach people when they need us most.

Thank you to:

Adnams plc via the Pennies Foundation
Dunmow Dolphins Swimming Club
Dunmow Ironing Parlour
Envirophone
Essex Community Foundation
Essex Lottery
Fowler Smith & Jones
Golden Bottle Trust
Great Baddow Flower Show
Human Beings Ltd
Marsh Christian Trust
Nockolds Solicitors Limited
Players of the People's Postcode Lottery
Premier League
Rotary Club of Chelmsford
Rutland County Council
Soil Investigation (Eastern) Ltd
Tesco Bags of Help
The Caversham, Reading Golf Club
The Mercers Fund
The Rank Foundation
Thortful Cards
U3A Latchingdon

Looking ahead

Our work aims to enable people living with dementia to live active and more fulfilled lives and continue to be cared for at home. A November 2021 survey* found that if people became in need of care, two of their top three priorities would be 'remaining independent' and 'being able to stay in my current or own home'. We see these desires reflected in the priorities of our own clientele. This and seeing the positive impact of actively engaging outdoors and with nature drives our own objectives for more people to benefit in this way. We know we cannot achieve this to the numbers we would like on our own but we can inspire others through our work.

*Social Care Institute for Excellence (SCIE) A place we can call home: A vision and a roadmap for providing more options for housing with care and support for older people.

In 2022 we will:

- Appoint and work with a new communications agency to build awareness and brand recognition,
- Clarify and, where possible, measure impact including social impact to drive our activities,
- Build our supported holidays programme back to pre-Covid levels to increase beneficiary numbers and demographic,
- Increase awareness and take-up of our financial assistance programme for supported holidays,
- Build a bigger professional client base to benefit from our training and consultancy offer
- Create new symbiotic research partnerships relating to the positive impact of outdoor activity and engaging with nature for people living with dementia,
- Build our volunteer numbers, engaging and deploying them to be connectors and supporters locally and regionally,
- Increase and diversify our funding to build greater sustainability and range of committed donors and partners,
- Embed awareness raising and income generation across the organisation, and
- Build partnerships with organisations to increase reach, delivery and credibility.

Fundraising Statement

DA is registered with The Fundraising Regulator and our fundraising activity is compliant with the Code of Fundraising Practice. We are fully compliant with The General Data Protection Regulation (GDPR) and use a Client Relationship Management (CRM) database to store donor information securely and responsibly. We do not share donor information with any third-party organisations without explicit consent.

Our fundraising activity is designed to reflect the mission statement of the organisation. We look for fundraising activities which enable people to get outdoors, and wherever possible involve people living with dementia. We encourage donations towards our work in all our materials and on all our social media channels. We did not send any direct fundraising appeals during 2021.

We have agreements in place with third parties such as JustGiving, Donr, and local and national event organisers. Through our Fundraising Pack and Guidelines, fundraisers are informed of the range of legal, ethical and regulatory requirements which apply to fundraising activities, including Health and Safety, risk assessments, public liability insurance, and Lottery legislation. Fundraisers are advised that it is their responsibility to keep their event safe and legal and to keep good records of all activity.

We are committed to providing a high-quality service to all service users, partners and supporters. We have a clear complaints policy that instructs us to thoroughly investigate any complaints, communicate results, record results and review our work, enabling improvements to be made, if required. We have received no complaints about our fundraising activities in 2020/21.

Dementia Adventure is committed to protecting vulnerable people and other members of the general public from unreasonable intrusion on a person's privacy, unreasonably persistent fundraising approaches and placing undue pressure on a person to give money. Our fundraising activities follow both the Code of Fundraising Practice and our own Ethical Policy for Funding Relationships with Third-Party Organisations. Our CRM database allows us to identify potentially vulnerable people and exclude them from any fundraising appeals.

Financial review

Although our ability to run adventures was severely impacted by the pandemic, this was in part offset by an increase in unrestricted grants including an extra award from the Players of the People's Postcode Lottery. Overall, the total income of the Charity was £816,755 (2020: £739,175), and total expenditure was £624,330 (2020: £565,213) with a resulting surplus of £215,276 after also including investment gains of £22,851. There was an associated reduction in expenditure due to not being able to run our usual Adventures programme.

The closing funds of £891,119 includes general free reserves (excluding fixed assets) of £801,543 alongside restricted funds of £56,465. This year, our investments have generated a return of £22,851 (17%). Actions taken to mitigate the impact of the pandemic mean that we remain confident that we can meet any short-term and medium-term financial needs. This gives us security and leaves us well-placed to plan for the longer term.

The majority of Dementia Adventure's income is generated through voluntary and charitable means including:

- the contribution of clients towards the cost of our Adventure holidays,
- funding from charitable trusts and foundations, and
- fundraising through community events, challenges, corporate and major donors, and individual giving including 'In Memory' donations and legacies.

Whilst people living with dementia and their carers pay a contribution to the costs of running and administering holidays, around 25% of these costs are subsidised by Dementia Adventure. In addition, we raise funds to offer financial assistance for those who would benefit from our holidays but do not have the means to pay the full published price. There has been a noticeable demand for this in 2022 and we expect this demand to increase. Charitable funds are also raised to cover our training and online support offered free of charge to people living with dementia and their informal carers (families and friends).

We appreciate the support of all of our grant funders and in particular their willingness to support core operations through the pandemic which has left us well-placed to scale up delivery during 2022.

Reserves Policy Dementia Adventure is keen to secure its long-term viability and become financially and socially sustainable so that our services and activities can benefit greater numbers of people living with dementia. In order to be able to provide reliable services over the long term, remain innovative and absorb setbacks, maximise opportunities and, effectively reserve against future uncertainties, Dementia Adventure will build up and then hold back an appropriate level of funds as reserves for:

a) Unforeseen Emergencies – the risk of this or other unexpected need for funds, e.g. replacement of IT or other equipment or an unexpected expenditure such as legal or professional costs,

b) Operational Core Costs - to pay the core staff salaries for up to 3 to 6 months and for unforeseen day-to-day operational costs, e.g. employing temporary staff to cover long-term sickness absence, maternity leave or parental leave,

c) Low Income - funds might be needed to maintain working capital or to give the organisation time to take action if income falls below expectations, e.g., if a grant is not being renewed or to repay any grant monies to a funder or non-payment by a customer,

d) Budget Deficits - the need to fund short-term deficits in a cash budget, e.g., money that may need to be spent before a major grant is received, and

e) Closure of Business – costs incurred if Dementia Adventure was to be wound down including meeting redundancy costs, loans, hire agreements and associated legal and accountancy expenses and to repay in full any monies owing to other parties.

Dementia Adventure aims to hold free reserves to cover adequately 6 to 9 months' operating costs taking into account the:

- risks associated with all income streams and expenditures being different from that budgeted,
- planned activity level, and
- commitments of the organisation.

Unrestricted free reserves, excluding those tied up in fixed assets, are currently in place to the value of £801,543 (see note 15) which represents 9 months of 2021/22 budgeted operating costs. Due to the exceptional circumstances created by the pandemic and uncertainty around the fundraising climate, the Trustees have taken the decision to hold higher reserves to enable us to scale up operations as restrictions ease and to allow sufficiently for the reasons listed above.

Financial Investments powers and policy

Under the terms of the charity's governing documents, the charity has the power to invest in any way the Trustees wish. The Trustees have agreed on an investment policy, which was reviewed during the year and updated in part. In considering the investment policy, the Trustees place much emphasis on the need to invest in financial products that are ethical in nature having regard to the objects of the charity. To demonstrate the ethical and responsible requirements of the charity as balanced against the need to ensure that the charity's investments generate income to contribute to the running costs of the charity, the salient parts of the investment policy are as follows:

- short-term investments will be held in instant or short-notice access savings accounts; and
- long-term investments will be made ethically and will be spread over many areas.

Trustees' responsibilities statement The trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (the United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently,
- observe the methods and principles in the Charities SORP 2019 (FRS 102),
- make judgements and estimates that are reasonable and prudent,
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval of financial statements The financial statements and reports of the Trustees were approved by the Trustees on the date shown below. All material events after the balance sheet date have been recognised in these financial statements either by adjustment or notes where the Trustees consider that disclosure of the event is required to reach a better understanding of the charity's financial position.

Independent examiners The Trustees resolved that Edmund Carr LLP is re-appointed as the independent examiner and a resolution proposing that they be re-appointed will be put to the next relevant board meeting.

This report was approved by the Trustees on 8 September 2022 and is signed on their behalf by:

.....

Debbie Marshall
Chair of Trustees

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 30 NOVEMBER 2021

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 November 2021 which are set out on pages 18 to 31.

Responsibilities and basis of report
As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 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
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Ray Crace

Ray Crace FCA
For and on behalf of
Edmund Carr LLP
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 13 September 2022

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 30 NOVEMBER 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Income:					
Donations and legacies	2	563,105	149,195	712,300	705,162
Charitable activities	3	104,395	-	104,395	33,053
Investment income	4	60	-	60	960
Total income		667,560	149,195	816,755	739,175
Expenditure:					
Costs of raising funds					
Raising funds	5	74,835	-	74,835	110,103
Charitable expenditure					
Expenditure on charitable activities	5	398,652	150,843	549,495	455,110
Total expenditure		473,487	150,843	624,330	565,213
Net gain on revaluation of investments	10	22,851	-	22,851	10,949
Net income/(expenditure)		216,924	(1,648)	215,276	184,911
Transfers between funds		(5)	5	-	-
Net movement in funds		216,919	(1,643)	215,276	184,911
Reconciliation of funds					
Total funds brought forward		617,735	58,108	675,843	490,932
Total funds carried forward	15	834,654	56,465	891,119	675,843

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 21 to 31 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
BALANCE SHEET
AS AT 30 NOVEMBER 2021

	Note	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Investments	10		156,848		134,097
Tangible assets	9		33,111		36,619
Current assets					
Debtors	11	10,688		29,011	
Cash at bank and in hand		742,943		535,330	
		753,631		564,341	
Creditors: Amounts falling due within one year	12	(49,281)		(49,644)	
Net current assets			704,350		514,697
Total assets less current liabilities			894,309		685,413
Creditors: Amounts falling due after more than one year	13		(3,190)		(9,570)
Net assets			891,119		675,843
Funds of the charity					
Restricted funds	14		56,465		58,108
Unrestricted funds	15		834,654		617,735
Total charity funds			891,119		675,843

For the year ending 30 November 2021 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Trustees on 8 Sept 2022 and signed on its behalf by:

Debbie Marshall
Chair

Richard Harvey
Trustee

The notes on pages 21 to 31 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

CASH FLOW STATEMENT

YEAR ENDED 30 NOVEMBER 2021

		2021 £	2020 £
Net movement in funds		215,276	184,911
Add back depreciation charge	**9**	5,211	7,201
Deduct interest income shown in investing activities	**4**	(60)	(960)
Deduct unrealised gains on investment assets	**10**	(22,851)	(10,949)
Add back loss on disposal of fixed assets & investments		100	325
Decrease / (increase) in debtors	**11**	18,323	(19,332)
(Decrease) in creditors due in less than one year	**12**	(363)	12,503
Increase in creditors due in more than one year		(6,380)	(6,379)
Cash from operating activities		209,256	167,320
Cash flows from investing activities			
Interest income	**4**	60	960
Purchase of fixed assets	**9**	(1,703)	-
Cash from investing activities		(1,643)	960
Increase / (decrease) in cash and cash equivalents in the year		207,613	168,280
Cash and cash equivalents at the beginning of the year		535,330	367,050
Total cash and cash equivalents at the end of the year		742,943	535,330

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and 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 (FRS 102) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Organisational status

The charity was registered on 17 August 2015 as a Charitable Incorporated Organisation (CIO) (registered number 1163163) to take forward the work of the unincorporated charity, The Dementia Adventure Trust, registered number 1152315. The assets, liabilities and funds of the previous unincorporated charity were transferred to the CIO on its date of registration.

Dementia Adventure Trust meets the definition of a public benefit entity under FRS 102.

The members of the charity are the trustees named on page 1.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income

Donations and legacies

All monetary donations and gifts are included in full in the Statement of Financial Activities when receivable, provided that there are no donor-imposed restrictions as to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

Donations under Gift Aid, together with associated income tax recoveries, are credited as income when donations are receivable.

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made, if the receipt is both certain and measurable. These are included in the Statement of Financial Activities.

1. ACCOUNTING POLICIES (continued)

Grant income

Revenue grants are credited as income when they are receivable, provided conditions for receipt have been complied with, unless they relate to a specified future period, in which case they are deferred.

Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense catagories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated based upon pro rata to staff full time equivalents.

Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Tax status

Dementia Adventure Trust is a registered charity and is not subject to corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Fixed assets are shown at original cost or, if donated, at their value on the date of the gift, less accumulated depreciation. Depreciation is provided at rates calculated to write off their cost or value, less their estimated residual value over their estimated useful lives on the following basis:

Fixtures and fittings - 33.33% straight line
Motor vehicles - 12.50% reducing balance

Investments

Investments in subsidiaries held as fixed assets are stated at cost less provision for any permanent diminution in value.

Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

1. ACCOUNTING POLICIES (continued)

Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised at the transaction price.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and deposits.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and the use of each restricted fund is set out in the notes to the financial statements.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Donations	23,448	-	23,448	72,257
Grant income	539,657	149,195	688,852	632,905
	563,105	149,195	712,300	705,162

During the year, the chairty received £13,225 of Coronovirus Job Retention Scheme grants (2020: £43,799) from the government, which is included in the above.

For an extended list of restricted grant income received in 2021, see Note 14.

3. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Holiday provision revenue	71,622	-	71,622	10,010
Training and consultancy revenue	32,773	-	32,773	23,043
	104,395	-	104,395	33,053

In 2020, the split of income from charitable activities attributable to unrestricted / restricted funds respectively was as follows: Holiday revenue - £10,010 / £Nil, Training and consultancy revenue - £23,043 / £Nil.

4. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Interest receivable	60	-	60	960
	60	-	60	960

All investment income in 2020 was attributable to unrestricted funds.

5. EXPENDITURE ON RAISING FUNDS AND CHARITABLE ACTIVITIES

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2021	Total 2020
	£		£	£	£	£	£
Fundraising expenditure	3,020	-	-	-	-	3,020	576
Activity costs	-	60,051	26,715	52	13,248	100,066	71,685
Salaries, NI and pensions	45,728	101,520	115,523	9,188	55,022	326,981	282,007
Support costs **(note 6)**	25,062	60,152	63,315	5,036	30,154	183,719	198,520
Governance costs **(note 7)**	1,025	2,274	2,588	206	4,451	10,544	12,425
	74,835	223,997	208,141	14,482	102,875	624,330	565,213

£464,150 (2020: £336,576) of this expenditure was from unrestricted funds and £150,843 (2020: £226,327) was from restricted funds.

6. SUPPORT COSTS

	Raising funds	Holiday provision	Training and consultancy	Community engagement	Awareness raising	Total 2021	Total 2020
	£	£	£	£	£	£	£
Salaries, NI and pensions	15,180	33,700	38,349	3,050	18,265	108,544	138,851
Rent, rates and insurance	2,278	5,058	5,755	458	2,741	16,290	24,251
Office costs	5,842	12,970	14,759	1,174	7,029	41,774	25,558
Depreciation	98	4,728	248	20	117	5,211	7,201
Sundry expenses	1,664	3,696	4,204	334	2,002	11,900	2,659
	25,062	60,152	63,315	5,036	30,154	183,719	198,520

Support costs are apportioned to activities based on the split of staff time.

7. GOVERNANCE COSTS

	2021	2020
	£	£
Independent examination / audit fee	1,895	1,895
Accounts' preparation	1,300	1,300
Fees payable to auditor / independent examiner	3,195	3,195
Other governance costs and bookkeeping	7,349	9,230
	10,544	12,425

8. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	391,890	377,854
Social security costs	28,338	28,624
Defined contribution pension costs	15,297	14,380
	435,525	420,858

The average monthly number of employees by head count during the period was:

2021	2020
No.	No.
19	18

The average number of full-time equivalent employees during the year was 12.38.

No employee received remuneration greater than £60,000 in the period (2020: None).

No trustee, or person with a family or business connection with a trustee, received remuneration in the year, directly or indirectly, from either the charity or the company controlled by the charity.

Trustees are reimbursed reasonable expenses incurred when acting on behalf of the charity During the year £295 was reimbursed to 1 trustee during the period for travel costs incurred (2020: £nil).

The total employee benefits of the key management personnel of the group were £52,401 (2020: £55,179).

Staff costs are apportioned between activities based upon staff time.

9. TANGIBLE FIXED ASSETS

	Motor vehicles £	Equipment £	Total £
Cost			
At 1 December 2020	57,870	27,285	85,155
Additions	-	1,703	1,703
Disposals	-	(6,160)	(6,160)
At 30 November 2021	57,870	22,828	80,698
Depreciation			
At 1 December 2020	21,791	26,745	48,536
Charge for year	4,510	701	5,211
On disposals	-	(6,160)	(6,160)
At 30 November 2021	26,301	21,286	47,587
Net book value			
At 30 November 2021	31,569	1,542	33,111
At 30 November 2020	36,079	540	36,619

10. FIXED ASSET INVESTMENTS

	Total 2021 £	Total 2020 £
Investment in subsidiary company	-	100
Listed investments	156,848	133,997
	156,848	134,097

Investment in subsidiary company:
The charity previously held 100% of the share capital in the dormant company, Dementia Adventure Community Interest Company. On 3 August 2021, Dementia Adventure Community Interest Company was voluntarily dissolved as it was longer required.

10. FIXED ASSET INVESTMENTS (continued)

Listed investments:	2021 £
Valuation	
At 1 December 2020	133,997
Revaluations	22,851
At 30 November 2021	156,848
Net book value	
At 30 November 2021	156,848
At 30 November 2020	133,997

11. DEBTORS

	2021 £	2020 £
Trade debtors	2,006	25,134
Prepayments and accrued income	8,682	3,197
Other debtors	-	680
	10,688	29,011

12. CREDITORS: amounts falling due within one year

	2021 £	2020 £
Trade creditors	12,572	617
Accruals	3,196	4,321
Deferred income	-	24,116
Other creditors	3,249	2,331
VAT payable	15,382	4,934
Other taxation and social security	8,502	6,945
Obligations under hire purchase contracts	6,380	6,380
	49,281	49,644

Deferred income relates to grants received that relate to future activities.

13. CREDITORS: amounts falling due in more than one year

	2021 £	2020 £
Obligations under hire purchase contracts	3,190	9,570

14. RESTRICTED FUNDS

Current year:	Movement in funds				
	Balance at 01/12/2020	Income	Expenditure	Transfers	Balance at 30/11/2021
	£	£	£	£	£
1) People's Postcode Lottery, Postcode Innovation Trust	50,631	-	(50,634)	3	-
2) National Lottery Awards For All	3,347	-	(3,347)	-	-
3) Rutland County Council	4,130	2,000	(5,247)	-	883
4) Job Retention Scheme	-	13,225	(13,225)	-	-
5) Rank Foundation Recovery Fund	-	10,000	(10,000)	-	-
6) Anonymous	-	5,000	(5,000)	-	-
7) Tesco Bags of Help	-	1,000	(1,002)	2	-
8) ASPIRE Learning	-	1,517	-	-	1,517
9) Pennies Foundation	-	5,119	(5,119)	-	-
10) People's Postcode Lottery, Postcode Care Trust	-	100,000	(49,189)	-	50,811
11) The Golden Bottle Trust (Anon)	-	10,000	(6,586)	-	3,414
12) Allotment	-	-	(160)	-	(160)
13) Other restricted funds	-	1,334	(1,334)	-	-
	58,108	149,195	(150,843)	5	56,465

1 Funding towards the strategic development, management and delivery of supported experiences for people living with dementia and their carers.
2 Funding to support the programme of Dementia Skills Sessions.
3 Rutland Water Time in Nature project funded by Rutland County Council and private donors to enable people living with dementia to get outdoors.
4 Funding towards payment of furloughed employees.
5 Funding to deliver Dementia Skills Sessions.
6 Funding towards supporting people with dementia and their carers.
7 Funding towards supported holidays.
8 Training budget for a staff member.
9 Funding towards supported holidays.
10 Extra award towards strategic research, fundraising staff, developing training and employing a communications agency.
11 Funding to support delivery of Dementia Skills Sessions.
12 Funding for the Dunmow Allotment project, from various small funders.
13 Government grant funding towards specialist equipment for a staff member.

14. RESTRICTED FUNDS (continued)

Prior year:

	Balance at 02/12/2019	Movement in funds: Income	Expenditure	Transfers	Balance at 30/11/2020
	£	£	£	£	£
People's Postcode Lottery, Postcode Innovation Trust	-	59,135	(8,504)	-	50,631
Henry Sale Foundation	-	14,980	(14,980)	-	-
National Lottery Awards For All	-	10,000	(6,653)	-	3,347
The Sobell Foundation	7,500	10,000	(17,500)	-	-
Rutland County Council	667	9,768	(6,305)	-	4,130
Provide CIC via Essex Community Foundation	-	4,969	(4,969)	-	-
Essex Community Foundation	-	4,000	(4,000)	-	-
The Dunhill Medical Trust	14,583	-	(14,583)	-	-
The National Lottery Community Fund	97,887	-	(97,887)	-	-
The Rank Foundation	2,147	-	(2,147)	-	-
Job Retention Scheme	-	43,799	(43,799)	-	-
Other restricted funds	-	5,000	(5,000)	-	-
	122,784	161,651	(226,327)	-	58,108

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year:

	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£
Tangible fixed assets	33,111	-	33,111
Investments	156,848	-	156,848
Other net assets	644,695	56,465	701,160
	834,654	56,465	891,119

Prior year:

	Unrestricted Funds	Restricted Funds	Total 2020
	£	£	£
Tangible fixed assets	36,619	-	36,619
Investments	134,097	-	134,097
Other net assets	447,019	58,108	505,127
	617,735	58,108	675,843

16. RELATED PARTY TRANSACTIONS

There were no related party transactions during the year.

17. OBLIGATIONS UNDER LEASES

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2021	2020
	£	£
Within one year	16,440	16,440
Between one and five years	414	16,854
	16,854	33,294

18. PRIOR YEAR STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £
Income:				
Donations and legacies	2	543,511	161,651	705,162
Charitable activities	3	33,053	-	33,053
Other trading income: Fundraising		-	-	-
Investment income	4	960	-	960
Total income		577,524	161,651	739,175
Expenditure:				
Costs of raising funds				
Raising funds	5	110,103	-	110,103
Charitable expenditure				
Expenditure on charitable activities	5	228,783	226,327	455,110
Total expenditure		338,886	226,327	565,213
Net gains / losses on investments		10,949	-	10,949
Net movement in funds		249,587	(64,676)	184,911
Reconciliation of funds				
Total funds brought forward		368,148	122,784	490,932
Total funds carried forward		617,735	58,108	675,843

DEMENTIA ADVENTURE TRUST

CHARITABLE INCORPORATED ORGANISATION

DETAILED INCOME AND EXPENDITURE ACCOUNT

YEAR ENDED 30 NOVEMBER 2021

	2021		2020	
	£	£	£	£
INCOME				
Donations and legacies				
Donations	23,448		72,257	
Grant income	688,852		632,905	
		712,300		705,162
Charitable activities				
Holiday provision revenue	71,622		10,010	
Training and consultancy revenue	32,773		23,043	
		104,395		33,053
Investment income: Bank interest receivable		60		960
TOTAL INCOME		816,755		739,175
EXPENDITURE				
Costs of raising funds				
Fundraising expenditure		48,748		576
Cost of charitable activities				
Holiday provision expenditure	161,571		139,926	
Training and consultancy expenditure	142,238		119,891	
Community engagement	9,240		-	
Awareness raising	68,270		67,200	
Big Lottery Fund expenditure	-		23,698	
Support costs:				
Salaries, NI and pensions	108,544		138,851	
Rent, rates and insurance	16,290		24,251	
Office costs	41,774		28,535	
Depreciation	5,211		7,201	
Sundry expenses	11,900		2,659	
		565,038		552,212
Governance costs				
Fees payable to independent examiner	3,195		3,195	
Other governance costs and bookkeeping	7,349		9,230	
		10,544		12,425
TOTAL EXPENDITURE		624,330		565,213
Unrealised gains on investments		22,851		10,949
Surplus for the year		215,276		184,911
Brought forward funds		675,843		490,932
Carried forward funds		891,119		675,843

DEMENTIA ADVENTURE TRUST

England & Wales - Charity number 1163163

Accounts



DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
TRUSTEES REPORT AND FINANCIAL STATEMENTS
30 NOVEMBER 2020

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

YEAR ENDED 30 NOVEMBER 2020

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DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT

YEAR ENDED 30 NOVEMBER 2020

Dementia Adventure Trust is a Charitable Incorporated Organisation, also known as Dementia Adventure, Registered Charity Number 1163163.

The Trustees present their Annual Report with the independently examined financial statements for the year ended 30th November 2020.

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

Charity Number	1163163
Registered Office	Unit 11, Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
Board of Trustees	J Barnes (Chair) (resigned 12 April 2021) K Chaplain (appointed 25 March 2020) (Acting Chair 15 April 2021) C Chapman (resigned 17 March 2021) R Clough W Fearnley (appointed 17 March 2021) L Fox R Harvey S Huntley (resigned 26 August 2020) D Marshall L McNally (appointed 17 March 2021) (Vice Chair 15 April 2021) B Mister MBE (Vice-Chair) (resigned 4 February 2021) S Upton C Sexton (resigned 9 December 2020) V Sriram (appointed 17 March 2021)
CEO	V Depledge (resigned 30 April 2021)
INTERIM CEO	F Petit (appointed 18 May 2021)
Independent examiner	Ray Crace FCA, of Edmund Carr LLP 146 New London Road, Chelmsford, CM2 0AW
Bankers	The Co-operative Bank Plc 250 Delf House, Southway, Skelmersdale, WN8 6WT
Investment managers	CCLA Fund Managers Limited Senator House, 85 Queen Victoria Street, London, EC4V 4ET

Dementia Adventure - our purpose, structure and governance

Vision Statement Dementia Adventure has a vision of society in which people live well with dementia, have contact and connection with nature, and enjoy a sense of adventure. A society where those living with dementia can enjoy a full range of activities, have strong relationships with people in their communities and have access to places connected to their interests, passions and dreams.

Mission Statement Our mission is to enable people living with dementia to get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives.

Public Benefit Dementia Adventure (DA) is a registered charity, and its charitable objects are:

To relieve the needs of people living with dementia, and their carers, by:

- Providing or assisting in the provision of holidays, outdoor activities or other support
- Promoting research into the benefits of activities which assist in furthering these objects and publishing the results of that research.

The Trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when reviewing the Trust's aims and objectives and in planning future activities.

Structure, governance and management The Trust is a registered Charitable Incorporated Organisation (CIO). The charity's objects and regulations are governed by the constitution dated 17 August 2015. The charity has a wholly owned, now dormant subsidiary, Dementia Adventure Community Interest Company, that came under the control of the charity on 31 October 2016. As we have gone into the new financial year, the board of trustees made the decision to strike off the Community Interest Company and this is currently in progress.

Trustees are selected with regards to the skills, knowledge and experience needed for the effective administration of the organisation. The trustees may appoint new trustees pursuant to the constitution. Trustees serve for three years and can serve up to three terms. Trustees select new trustees and elect a chair and vice-chair. Trustees complete a thorough induction process. Trustees attend training opportunities with the DA team and with nationally recognised bodies such as NCVO and are supported to volunteer/participate in supporting the adventure holidays and other support activities to understand the direct impact of the work of the charity.

The Board of Trustees has responsibility for directing the affairs of DA, ensuring it delivers its objectives, is solvent, and well run. The board is a strategic body that delegates operational

management to the Chief Executive Officer who in turn is supported by further staff including a Senior Management Team, and volunteers.

DA has an objective that no member of staff works full time, and the maximum hours worked per week by each individual is 30. The staff team includes four team members directly supporting the delivery of training and consultancy activities and four directly supporting the delivery of adventures. The remainder of the team provides administration, financial management, fundraising, HR, office and facilities management, volunteering coordination, and communications support to enable all activities to reach and benefit more people.

Volunteers are crucial to the success of the delivery of the activities of our charity but the pandemic had a significant impact on how they were able to do that this year. However, we were pleased to be able to keep half of the 80 volunteers active in a range of roles; online and telephone support for holidaymakers, governance, fundraising and administration. The volunteers contributed 1,251 hours of their time representing £18,000 of added value and we are very grateful to them all.

Overview of the past year 2020 was not the year that any of us had anticipated, and the pandemic has changed many aspects of our lives. We have adapted to new challenges and limitations. We have learned to appreciate what is truly valuable and important. The impact was far reaching not only for our work but for our staff and volunteer teams.

There was fluctuation in staff numbers and working hours during the year but the introduction of the Coronavirus Job Retention Scheme (furlough) allowed us to retain all staff members by placing some of them on furlough. At the start of the year we had 20 staff working the full time equivalent (FTE) of 12.58 staff. When the lockdowns started we placed eight staff on furlough and we ended the financial year with 18 staff working the 8.49 FTE as four staff were still on furlough.

Impact of our work Now, more than ever, a growing number of people understand the powerful benefits of engaging with nature and the outdoors for both our mental and physical wellbeing. Covid-19 has disproportionately affected people with dementia and their families, and lockdown has had a 'negative impact' on their mental health, with many feeling isolated and anxious. People have lost confidence and motivation during the pandemic and are worried they are losing abilities and skills. Thanks to support of individuals and funders, including the Players of People's Postcode Lottery, we have been able to adapt our services, enabling people to continue to connect socially, receive practical information and support, and to find the resilience to connect with nature and their local communities. Getting outside, even for a short time, has a hugely positive effect on people living with dementia, including improved sleep, appetite, speech and reduced stress, anxiety and loneliness. It can even slow down the progression of the disease. It

is vitally important that we continue to support people with dementia and their families to connect with nature and the outdoors. This has been a challenge while Government guidelines have been advising us to stay home. Although this situation has been difficult, it has fast tracked the development of new ways of working. Through our adapted digital training and support we have reached over 3,000 people this year and as we continue to evolve, we hope to support many more people in 2021 and beyond.

Our objectives for 2020

Holidays (Adventures)

- Sustaining our standards of operational excellence on our UK holiday delivery programme – ensuring we have sufficient funds, resources, locations and guests to deliver consistently excellent standards of supported holidays and short breaks across the UK
- Development of diversity within DA beneficiaries and locations
- Development of practical offers with partner organisations to broaden the future diversity of holiday clients

Training & Support

- Identify and secure appropriate funding to deliver projects to a consistently and measurably high quality
- Identify and create partnerships with complementary organisations to improve community cohesion and sustainability within the geographic reach of our current holiday and training locations
- Develop and revise our current training products to ensure we have sustainable, flexible and scalable products
- Provide learning experiences that enable and encourage feedback and evidence building

Research, Evaluation and Impact Measurement

- Embed research and evaluation in all projects to better understand the short and long term impact of what we do - incorporating external evaluation through trusted partnerships
- Maximise the assessment tools available to gather quantitative and qualitative data from all activities and engagements to better understand and share the impact of our activities

- Maximise our use of systems, processes, software and technology to effectively gather larger, more reliable and more consistent data sets to be able to clearly and publicly demonstrate impact – incorporating online data collection, new data collection and automation/AI
- Offer information, opportunities and support to academic organisations in the development of appropriate and relevant research

Funding and Investment

- Expand our diversity of income and funders for future sustainability
- Develop an effective communication strategy to ensure that key messages and objectives are embedded across the organisation
- Maximise the effectiveness and value of all existing resources to ensure investment is used wisely and transparently

Volunteering

- Develop and expand the recruitment, training and support of volunteers to support every area of the organisation whilst maintaining holiday volunteer
- Increase the resources to support the wider engagement and development of volunteers
- Build on the success of Special Interest Group (SIG) – attracting and supporting more people with dementia and their family carers to inform, guide and be DA ambassadors

Our activities in 2020

Supported adventures Following Government guidelines, we were only able to deliver three supported dementia holidays over the year. Covid-19 led to the cancellation of our other holidays. We felt it important, however, to provide our holidaymakers a means to stay connected even though they could not go on a Dementia Adventure holiday. So, in place of the holidays, we achieved the following:

- Filled 391 places on 51 Virtual Tea & Chat sessions. For many, these provided a lifeline and a really important way to share stories and give hints and tips to the other people on the call.
- 96 Check in and Chat Phone Calls. Our trained volunteers made phone calls to those who didn't have access to the internet.

Supported local outdoor experiences People with dementia and their carers told us they had lost confidence and motivation during lockdown. We offered supported days out to help build confidence in leaving the house, so people could enjoy the wellbeing benefits of nature on their

doorstep. The programme empowered people to continue to get outdoors without our support. We had to navigate constantly changing restrictions across the UK and the programme was limited.

We continued to work in local communities facilitating partner organisations to increase the local provision of 'dementia inclusive' outdoor activities. For example, prior to lockdown, in partnership with Rutland County Council, Rutland Admiral Nurse Service and the Leicestershire and Rutland Wildlife Trust, we delivered five Time in Nature sessions at Rutland Water Nature Reserve. People with dementia and their main family supporter enjoyed multi-sensory outdoor activities including visits to the bird hides, roasting chestnuts on the firepit, exploring the bird hides, weaving willow and just enjoying being outside.

Support for families and individuals through training Families tell us that post diagnosis they are not given the information they need. Improving knowledge and understanding of dementia can help carers cope and improve their ability to support the person they are looking after. The arrival of Covid-19 fast-forwarded our adaptation of these events into online Dementia Skills Sessions. In 2020 we delivered 40 Dementia Skills Sessions reaching 603 attendees. The programme was based on our core module: Thinking Differently About Dementia. For many family carers, this was often the first support people had received, with 85% having minimal or no contact with other support services.

Impact of our programme of Dementia Skills Sessions:

- 96% had an increased understanding of how to support someone living with dementia
- 92% had a more positive understanding of dementia
- 8 out of 10 felt more confident about ways to engage with nature and outdoors
- Two thirds felt less isolated
- 95% had more knowledge of the information and support available
- 8 in 10 felt better able to cope with their situation in general
- Nearly half said it has made them better able to cope with Covid-19 situation

We opened the sessions to professionals working with people with dementia. This offered them an invaluable opportunity to develop their knowledge of dementia and hear the experiences of family carers.

Training for professionals As the pandemic progressed, many organisations needed help to adapt their services to the new 'normal. We developed Time in Nature, a training session for individuals and organisations with an interest in supporting people with dementia to access nature and the outdoors. We delivered seven of these sessions.

Impact of our programme of Time in Nature Sessions:

- 96% had a better understanding of the benefits of outdoor activity for people with dementia
- 96% had increased confidence to support nature connection and outdoor experiences for people with dementia
- 89% planned to make recommendations to their organisation about how they can better support carers and people living with dementia

Training for organisations Our objective is to upskill and build confidence in individuals and organisations. We show people how 'thinking differently about dementia' is a catalyst to increasing the availability and impact of nature-based, positive risk-taking activities for people living with dementia. In 2020 we:

- Trained and supported 2,012 individuals
- Adapted our delivery into online sessions

We worked with the Methodist Homes Association to develop a tailored programme of online training to enable their staff to support people living with dementia and their friends and families. Methodist Homes Association (MHA) is a charity with over 75 years' experience of delivering care and support for older people across the UK. They currently support over 18,500 people across their care homes and retirement communities, many of whom are living with dementia. As well as delivering multiple 'Thinking Differently About Dementia' and 'Time in Nature' training sessions, we also developed an activity booklet with practical suggestions of how to connect and communicate with individuals with dementia and how to encourage engagement with nature through multi-sensory activities.

Dementia Adventure led a successful three-year partnership project ending in November 2020, funded by the National Lottery Community fund. The main aim of this project was to give people living with dementia the opportunity and support to access the natural environment, with the associated benefits to health and wellbeing. This was achieved through delivering a tailored package of training and support called 'Dementia Adventure in a Box' for partner organisations to help them deliver outdoor adventure activities for people with dementia locally. This included both making existing activities more inclusive (and dementia friendly) and developing some exclusively designed for people with dementia. As well as the Methodist Homes Association, we worked with The Conservation Volunteers, Social Farms & Gardens and Abbeyfield. Over a three-year period, a total of 64 delegates were involved across 44 locations and the training and support was positively received, highly rated and considered very effective in many ways, including the ability to promote a positive approach to risk taking.

Activities were set up for people living with dementia as a direct result of the training and support:

- 913 activity sessions were held (164 one-off sessions and 779 sessions as part of 33 different activity series) against a target of 1,152
- 3,072 people attended activities against a target of 2,034

A wide range of activities took place, including nature walks, gardening, farm activities, visits to garden centres, visits to gardens, visits to the beach, woodland activities, gardening. Participants enjoyed the activities for a number of reasons, particularly the fact that they took place outdoors and were relaxed and informal. The personalised nature of the activities was also valued, which meant that they were meaningful and helped maintain a sense of identity.

There was strong evidence of positive impacts for people living with dementia and carer:

- Taking part improved overall wellbeing and mood for people taking part
- There was a significant improvement in the mental wellbeing of people following the attendance at a session (16% for family carers, 18% for participants with dementia).

Research and evaluation As mentioned above, 2020 saw the successful completion of the three year 'Dementia Adventure in a Box' project. The evaluation was led by the Association for Dementia Studies at the University of Worcester, with specialist support from the Green Exercise Research Team at the University of Essex. This evaluation culminated in the publication of a full evaluation report which confirmed the importance of connecting with nature for people living with dementia and concluded that the project achieved the overarching project outcome of 'People living with dementia are given opportunities and support to access the natural environment, leading to improved health and wellbeing.'

In November, a panel of experts presented the findings around the impact of the project and our key successes and learning during a Dementia Adventure webinar attended by over 120 delegates, predominantly professionals. Delegates also heard directly from people with dementia, who were involved in the project, about the benefits of connecting with nature.

We also contributed to the Carers UK research and insight project looking into how carers over the age of 55 in England can be supported to be more physically active as a way to look after their own health and wellbeing and reduce loneliness and social isolation. The results will be published mid 2021.

During 2020, our research focused on strengthening our own impact assessment. We commissioned an independent evaluation partner, Cornish & Grey (with support from the Mercers Company), to create an evaluation framework and evaluation tools for our programme of Dementia Skills Sessions. This has enabled us to effectively demonstrate the impact of our work and to learn and adapt as the project progressed. We look forward to developing this evaluation partnership further.

Fundraising and investment to increase our reach & awareness We could not have got through this challenging year without our amazing supporters. And despite this difficult year for fundraising, for every £1 spent, we generated £10. From our long standing partners including the People's Postcode Lottery who have provided flexible and consistent support, to the new funders that have helped us to keep supporting people with dementia and their families throughout the pandemic. We are incredibly grateful to all our 38 funders including charitable trusts and foundations, community groups and corporates as well as the numerous individuals who take on fundraising to help us support people living with dementia.

One of our most successful investments in 2020 was a new Customer Relations Management (CRM) system. This is already proving its worth with significant process improvements and efficiencies, a small but increasing growth in individual giving and improved communication with our supporters.

Looking ahead The global pandemic of Covid-19 and the associated social distancing restrictions dramatically changed the way that we delivered services during 2020 and planned for 2021.

Lockdown has disproportionately affected people with dementia. Nearly half of respondents to a 2020 Alzheimer's Society survey (45%) said that lockdown has had a 'negative impact' on their mental health. Around half of carers reported that loved ones have experienced stress, anxiety or depression. It is still vitally important that people living with dementia and their carers are supported to connect with nature and the outdoors, yet many have lost confidence and motivation during the period of lockdown and social distancing restrictions. For this reason, our services and outreach to people living with dementia have never been more important.

Many of our services have successfully moved into a digital offer to reach and benefit many people with the potential for these services to reach approximately 10% of the 850,000 people living with dementia. For the time being, our residential Adventures will continue to be limited in supply but more person-centred. We will pilot 'Out & About' non-residential Adventures to complement our existing offer. Our range of training offerings will also be further developed.

Our strategy for growth will include training, support and community development activities being geographically aligned to both our head office location and the holiday locations/regions in order to target our national reach, whilst deepening community connections in those locations and building on existing partnerships. Some of our funding will be further invested in research to assess the impact of our services on our beneficiaries and ways in which we can meet their needs better and serve a greater population of those living with dementia and their carers.

Financial review Although our ability to run adventures was severely impacted by the pandemic, this was in part offset by an increase in unrestricted grants. We secured grant funding to expand our online training delivery. Overall the total income of the Charity was £739,175 (2019: £1,018,646), total expenditure was £565,213 (2019: £879,313) with a resulting surplus of £184,911 after also including investment gains of £10,949. There was an associated reduction in expenditure due to not being able to run our usual adventures programme.

The closing funds of £675,843 includes general free reserves of £617,735 alongside restricted funds of £58,108. During the last year the Trustees have reviewed our reserves policy and decided to further invest some of the reserves we hold for exceptional circumstances (as detailed in the reserves policy below) in order for us to offset the effect of inflation on these reserves. This year, these investments have generated a return of £10,949 (8%). Actions taken to mitigate the impact of the pandemic mean that we remain confident that we can meet any short-term and medium-term financial needs. This gives us security and leaves us well placed to plan for the longer term.

The majority of the Trust's income is generated through voluntary and charitable means including:

- The contribution of clients towards the cost of our adventures
- Funding from charitable trusts and foundations
- Fundraising through community events, challenges, corporate and major donors and individual giving, including In Memory donations and legacies.

Whilst people living with dementia and their carers pay a contribution to the costs of the holidays, these costs are subsidised by DA. Our training and online support are offered free of charge to people living with dementia and their carers.

We appreciate the support of all of our grant funders and in particular their willingness to support core operations through the pandemic leaving us well placed to scale up delivery in the coming year.

Reserves Policy DA is keen to secure its long-term viability and become financially and socially sustainable so that we can benefit greater numbers of people living with dementia. In order to be able to provide reliable services over the long term, remain innovative and absorb setbacks, maximise opportunities and, effectively reserve against future uncertainties, DA will build up and then hold back an appropriate level of funds as reserves for:

a) Unforeseen Emergencies – the risk of this or other unexpected need for funds, e.g. replacement of IT or other equipment or an unexpected expenditure such as legal or professional costs

b) Operational Core Costs - to pay the core staff salaries for up to 3 to 6 months and for unforeseen day-to-day operational costs, e.g. employing temporary staff to cover long-term sickness absence, maternity leave or parental leave

c) Low Income - funds might be needed to maintain working capital or to give the organisation time to take action if income falls below expectations, e.g., if a grant is not being renewed or to repay any grant monies to a funder or non-payment by a customer

d) Budget Deficits - the need to fund short-term deficits in a cash budget, e.g., money that may need to be spent before a major grant is received

e) Closure of Business – costs incurred in the event that DA is wound down including meeting redundancy costs, loans, hire agreements and associated legal and accountancy expenses and to repay in full any monies owing to other parties.

DA aims to hold free reserves to adequately cover 3 to 6 months operating costs taking into account:

- risks associated with all income streams and expenditure being different from that budgeted
- planned activity level, and
- commitments of the organisation.

Unrestricted free reserves, excluding those tied up in fixed assets, are currently in place to the value of £581,116 (see note 15) which represents 11.5 months of the 2020/21 budgeted operating costs. Due to the exceptional circumstances created by the pandemic and uncertainty around the fundraising climate, the Trustees have taken the decision to hold higher reserves to enable us to scale up operations as restrictions ease.

Financial Investments powers and policy

Under the terms of the charity's governing documents, the charity has the power to invest in any way the Trustees wish. The Trustees have agreed on an investment policy, which was reviewed during the year and updated in part. In considering the investment policy, the Trustees place much emphasis on the need to invest in financial products that are ethical in nature having regard to the objects of the charity. To demonstrate the ethical and responsible requirements of the charity as balanced against the need to ensure that the charity's investments generate income to contribute to the running costs of the charity, the salient parts of the investment policy are as follows:

- Short term investments will be held in an instant access savings account
- Long term investments will be made ethically and will be spread over many areas.

Trustees' responsibilities statement

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP 2019 (FRS 102)
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Compliance with prevailing laws and regulations

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice (FRS 102) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Approval of financial statements

The financial statements and report of the Trustees were approved by the Trustees on the date shown below. All material events after the balance sheet date have been recognised in these financial statements either by adjustment or notes where the Trustees consider that disclosure of the event is required to reach a better understanding of the charity's financial position.

Independent examiners

The Trustees resolved that Ray Crace FCA of Edmund Carr LLP is re-appointed as the independent examiner and a resolution proposing that they be re-appointed will be put to the next relevant board meeting.

This report was approved by the Trustees on ..... 2021 and is signed on their behalf by:

.....
Kim Chaplain
Acting Chair of Trustees

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

YEAR ENDED 30 NOVEMBER 2020

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 November 2020 which are set out on pages 15 to 28.

Responsibilities and basis of report
As the charity 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 charity 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 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.

Independent examiner's statement
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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 that in any material respect:

- accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

.....
Ray Crace FCA
Edmund Carr LLP
146 New London Road
Chelmsford
Essex
CM2 0AW

Date:.....

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 30 NOVEMBER 2020

	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Income:					
Donations and legacies	**2**	543,511	161,651	705,162	616,452
Charitable activities	**3**	33,053	-	33,053	382,634
Other trading income: Fundraising		-	-	-	17,655
Investment income	**4**	960	-	960	1,905
Total income		577,524	161,651	739,175	1,018,646
Expenditure:					
Costs of raising funds					
Raising funds	**5**	110,103	-	110,103	70,627
Charitable expenditure					
Expenditure on charitable activities	**5**	228,783	226,327	455,110	808,686
Total expenditure		338,886	226,327	565,213	879,313
Net gain on revaluation of investments	**10**	10,949	-	10,949	16,174
Net movement in funds		249,587	(64,676)	184,911	155,507
Reconciliation of funds					
Total funds brought forward		368,148	122,784	490,932	335,425
Total funds carried forward	**15**	617,735	58,108	675,843	490,932

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 18 to 28 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

BALANCE SHEET
AS AT 30 NOVEMBER 2020

	Note	2020 £	2020 £	2019 £	2019 £
Fixed assets					
Investments	**10**		134,097		123,148
Tangible assets	**9**		36,619		44,145
Current assets					
Debtors	**11**	29,011		9,679	
Cash at bank and in hand		535,330		367,050	
		564,341		376,729	
Creditors: Amounts falling due within one year	**12**	(49,644)		(37,141)	
Net current assets			514,697		339,588
Total assets less current liabilities			685,413		506,881
Creditors: Amounts falling due after more than one year	**13**		(9,570)		(15,949)
Net assets			675,843		490,932
Funds of the charity					
Restricted funds	**14**		58,108		122,784
Unrestricted funds	**15**		617,735		368,148
Total charity funds			675,843		490,932

For the year ending 30 November 2020 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:
- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Trustees on …..... 2021 and signed on its behalf by:

…..	…..
Kim Chaplain	**Richard Harvey**
Acting Chair	Trustee

The notes on pages 18 to 28 form part of these financial statements.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

CASH FLOW STATEMENT

YEAR ENDED 30 NOVEMBER 2020

		2020 £	2019 £
Net movement in funds		184,911	155,507
Add back depreciation charge	**9**	7,201	7,394
Deduct interest income shown in investing activities	**4**	(960)	(1,905)
Deduct unrealised gains on investment assets	**10**	(10,949)	(16,174)
Add back loss on disposal of fixed assets		325	-
Decrease / (increase) in debtors	**11**	(19,332)	2,160
(Decrease) in creditors due in less than one year	**12**	12,503	(8,827)
Increase in creditors due in more than one year		(6,379)	15,949
Cash from operating activities		167,320	154,104
Cash flows from investing activities			
Interest income	**4**	960	1,905
Purchase of fixed assets	**9**	-	(32,114)
Cash from investing activities		960	(30,209)
Increase / (decrease) in cash and cash equivalents in the year		168,280	123,895
Cash and cash equivalents at the beginning of the year		367,050	243,155
Total cash and cash equivalents at the end of the year		535,330	367,050

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and 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 (FRS 102) - (Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Organisational status

The charity was registered on 17 August 2015 as a Charitable Incorporated Organisation (CIO) (registered number 1163163) to take forward the work of the unincorporated charity, The Dementia Adventure Trust, registered number 1152315. The assets, liabilities and funds of the previous unincorporated charity were transferred to the CIO on its date of registration.

Dementia Adventure Trust meets the definition of a public benefit entity under FRS 102.

The members of the charity are the trustees named on page 1.

Going concern

The trustees have considered the impact of the Covid-19 pandemic in their assessment of the charity's ability to prepare accounts as a going concern. Because of the uncertainties surrounding the effects of the economic slowdown it is difficult to predict the impact on the charity and its beneficiaries, but having taken all the factors into account, the trustees are of the opinion that the charity has sufficient resources to continue operating for the next 12 months from the date of signing these accounts.

Income

Donations and legacies

All monetary donations and gifts are included in full in the Statement of Financial Activities when receivable, provided that there are no donor-imposed restrictions as to the timing of the related expenditure, in which case recognition is deferred until the pre-condition has been met.

Donations under Gift Aid, together with associated income tax recoveries, are credited as income when donations are receivable.

1. ACCOUNTING POLICIES (continued)

Legacies are included when the charity is advised by the personal representative of an estate that payment will be made, if the receipt is both certain and measurable. These are included in the Statement of Financial Activities.

Grant income

Revenue grants are credited as income when they are receivable, provided conditions for receipt have been complied with, unless they relate to a specified future period, in which case they are deferred.

Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense catagories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated based upon pro rata to staff full time equivalents.

Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Tax status

Dementia Adventure Trust is a registered charity and is not subject to corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Fixed assets are shown at original cost or, if donated, at their value on the date of the gift, less accumulated depreciation. Depreciation is provided at rates calculated to write off their cost or value, less their estimated residual value over their estimated useful lives on the following basis:

Fixtures and fittings - 33.33% straight line
Motor vehicles - 12.50% reducing balance
Equipment - 33.33% straight line

Investments

Investments in subsidiaries held as fixed assets are stated at cost less provision for any permanent diminution in value.

Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

1. ACCOUNTING POLICIES (continued)

Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised at the transaction price.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and deposits.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as a finance cost in profit or loss in the period in which it arises.

Fund accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and the use of each restricted fund is set out in the notes to the financial statements.

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Donations	72,257	-	72,257	40,310
In memory donations	-	-	-	1,749
Grant income	471,254	161,651	632,905	574,393
	543,511	161,651	705,162	616,452

During the year, the chairty received £63,799 of government grants, which are included above. These were made up of £20,000 of Covid-19 rates grants from Chelmsford City Council, and £43,799 of Job Retention Scheme grants.

For an extended list of restricted grant income received in 2020, see Note 14.

3. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Holiday revenue	10,010	-	10,010	179,234
Training and consultancy revenue	23,043	-	23,043	203,400
	33,053	-	33,053	382,634

In 2019, the split of income from charitable activities attributable to unrestricted / restricted funds respectively was as follows: Holiday revenue - £179,234 / £Nil, Training and consultancy revenue - £31,248 / £172,152.

4. INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Interest receivable	960	-	960	1,905
	960	-	960	1,905

All investment income in 2019 was attributable to unrestricted funds.

5. EXPENDITURE ON CHARITABLE ACTIVITIES

	Raising funds £	Holiday provision	Training and consultancy £	Total 2020 £	Total 2019 £
Fundraising expenditure	576	-	-	576	10,688
Activity costs	-	19,614	36,615	56,229	259,773
Salaries, NI and pensions	61,593	113,419	106,995	282,007	306,890
Advertising and promotion	2,798	7,353	5,305	15,456	23,940
Support costs **(note 6)**	42,127	84,043	72,350	198,520	266,513
Governance costs **(note 7)**	3,009	4,129	5,287	12,425	11,509
	110,103	228,558	226,552	565,213	879,313

£336,576 (2019: £571,307) of the above expenditure was attributable to unrestricted funds and £226,327 (2019: £308,005) was attributable to restricted funds.

6. SUPPORT COSTS

	Raising funds £	Holiday provision £	Training and consultancy £	Total 2020 £	Total 2019 £
Salaries, NI and pensions	30,326	55,844	52,681	138,851	172,625
Special interest groups	-	-	-	-	6,838
Rent, rates and insurance	5,826	8,305	10,120	24,251	30,481
Office costs	5,852	10,371	9,335	25,558	43,777
Depreciation	-	7,201	-	7,201	7,394
Sundry expenses	123	2,322	214	2,659	5,398
	42,127	84,043	72,350	198,520	266,513

Support costs are apportioned to activities based on the split of staff time.

7. GOVERNANCE COSTS

	2020	2019
	£	£
Independent examination / audit fee	2,433	4,093
Accounts' preparation	1,300	1,300
Fees payable to auditor / independent examiner	3,733	5,393
Other governance costs and bookkeeping	8,692	6,116
	12,425	11,509

8. STAFF COSTS

	2020	2019
	£	£
Wages and salaries	377,854	431,836
Social security costs	28,624	31,990
Defined contribution pension costs	14,380	15,689
	420,858	479,515

The average monthly number of employees by head count during the period was:

2020	2019
No.	No.
18	19

No employee received remuneration greater than £60,000 in the period (2019: None).

No trustee, or person with a family or business connection with a trustee, received remuneration in the year, directly or indirectly, from either the charity or the company controlled by the charity.

Trustees are reimbursed reasonable expenses incurred when acting on behalf of the charity During the year no expenses were reimbursed to trustees during the period for travel costs incurred (2019: £1,433 were reimbursed to 4 trustees, of which £236 was donated back to the charity).

The total employee benefits of the key management personnel of the group were £55,179 (2019: £75,184).

Staff costs are apportioned between activities based upon staff time.

9. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Equipment £	Total £
Cost				
At 1 December 2019	395	57,870	31,771	90,036
Additions	-	-	-	-
Disposals	(395)	-	(4,486)	(4,881)
At 30 November 2020	-	57,870	27,285	85,155
Depreciation				
At 1 December 2019	395	16,637	29,075	46,107
Charge for year	-	5,154	2,047	7,201
On disposals	(395)	-	(4,377)	(4,772)
At 30 November 2020	-	21,791	26,745	48,536
Net book value				
At 30 November 2020	-	36,079	540	36,619
At 30 November 2019	-	41,233	2,696	43,929

10. FIXED ASSET INVESTMENTS

	Total 2020 £	Total 2019 £
Investment in subsidiary company	100	100
Listed investments	133,997	123,048
	134,097	123,148

Investment in subsidiary company:

Name	Proportion of ordinary shares held	Share capital at 2020 £	Share capital at 2019 £
Dementia Adventure Community Interest Company	100%	100	100

Dementia Adventure Community Interest Company is dormant and has aggregate share capital and reserves of £nil. It is deemed immaterial to Dementia Adventure Trust and is therefore not consolidated.

10. FIXED ASSET INVESTMENTS (continued)

Listed investments:	2020 £
Valuation	
At 1 December 2019	123,048
Revaluations	10,949
At 30 November 2020	133,997
Net book value	
At 30 November 2020	133,997
At 30 November 2019	123,048

11. DEBTORS

	2020 £	2019 £
Trade debtors	25,134	3,004
Prepayments and accrued income	3,197	4,902
Other debtors	680	1,773
	29,011	9,679

12. CREDITORS: amounts falling due within one year

	2020 £	2019 £
Trade creditors	617	6,919
Accruals	4,321	5,251
Deferred income	24,116	3,830
VAT payable	4,934	1,095
Other taxation and social security	6,945	10,259
Obligations under hire purchase contracts	6,380	6,380
Other creditors	2,331	3,407
	49,644	37,141

Deferred income relates to grants received that relate to future activities.

13. CREDITORS: amounts falling due in more than one year

	2020 £	2019 £
Obligations under hire purchase contracts	9,570	15,949

14. RESTRICTED FUNDS

Current year:	Movement in funds				
	Balance at 01/12/2019 £	Income £	Expenditure £	Transfers £	Balance at 30/11/2020 £
1) People's Postcode Lottery, Postcode Innovation Trust	-	59,135	(8,504)	-	50,631
2) Henry Sale Foundation	-	14,980	(14,980)	-	-
3) National Lottery Awards For All	-	10,000	(6,653)	-	3,347
4) The Sobell Foundation	7,500	10,000	(17,500)	-	-
5) Rutland County Council	667	9,768	(6,305)	-	4,130
6) Provide CIC via Essex Community Foundation	-	4,969	(4,969)	-	-
7) Essex Community Foundation	-	4,000	(4,000)	-	-
8) The Dunhill Medical Trust	14,583		(14,583)	-	-
9) The National Lottery Community Fund	97,887	-	(97,887)	-	-
10) The Rank Foundation	2,147	-	(2,147)	-	-
11) Job Retention Scheme	-	43,799	(43,799)	-	-
12) Other restricted funds	-	5,000	(5,000)	-	-
	122,784	161,651	(226,327)	-	58,108

1 Funding towards the strategic development, management and delivery of supported experiences for people living with dementia and their carers.
2 Funding to support the programme of Dementia Skills Sessions.
3 Funding to support the programme of Dementia Skills Sessions.
4 Funding towards DA programme of supported holidays, outings, online and phone support for people living with dementia and their carers.
5 Rutland Water Time in Nature project funded by Rutland County Council and private donors to enable people living with dementia to get outdoors.
6 Funding to support the programme of Dementia Skills Sessions.
7 Funding to support the programme of Dementia Skills Sessions.
8 Funding towards programme of supported holidays, outings, online and phone support for people living with dementia and their carers.
9 The National Lottery Community Fund provided funding to scale impact through training and support of partner organisations.
10 Funding towards a Video and Film Internship via the Time to Shine programme.
11 Funding towards payment of Furloughed employees.
12 Funding towards DA programme of supported holidays, outings, online and phone support for people living with dementia and their carers.

14. RESTRICTED FUNDS (continued)

Prior year:

	Balance at 01/12/2018	Movement in funds			Balance at 01/12/2019
		Income	Expenditure	Transfers	
	£	£	£	£	£
Henry Sale Foundation	-	10,500	(10,500)	-	-
The Sobell Foundation	7,500	10,000	(10,000)	-	7,500
Rutland County Council	-	2,000	(1,333)	-	667
Provide CIC via Essex Community Foundation	13,985	-	(13,985)	-	-
The Dunhill Medical Trust	14,583	25,000	(25,000)	-	14,583
The National Lottery Community Fund	63,762	172,152	(138,027)	-	97,887
The Rank Foundation					
- Salary grant	-	30,000	(30,000)	-	-
- Bursary Scheme	-	2,818	(2,818)	-	-
- Time to Shine	1,965	23,275	(23,093)	-	2,147
29 May 1961 Charitable Trust	-	3,000	(3,000)	-	-
Charles S French Charitable Trust	-	2,500	(2,500)	-	-
Donald Forrester Trust	-	3,000	(3,000)	-	-
Hasluck Charitable Trust	-	2,000	(2,000)	-	-
Helianthus Charitable Trust	-	500	(500)	-	-
John Ellerman Foundation	22,749	-	(22,749)	-	-
The Loppylugs and Barbara Morrison Charitable Trust	-	2,500	(2,500)		-
XL Catlin Services SE	10,000	-	(10,000)	-	-
Other restricted funds	-	7,000	(7,000)	-	-
	134,544	296,245	(308,005)	-	122,784

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year:	Unrestricted Funds	Restricted Funds	Total 2020
	£	£	£
Tangible fixed assets	36,619	-	36,619
Investments	134,097	-	134,097
Other net assets	447,019	58,108	505,127
	617,735	58,108	675,843

Prior year:	Unrestricted Funds	Restricted Funds	Total 2019
	£	£	£
Tangible fixed assets	44,145	-	44,145
Investments	123,148	-	123,148
Other net assets	200,855	122,784	323,639
	368,148	122,784	490,932

16. RELATED PARTY TRANSACTIONS

During the year, £500 was paid to Silver Travel Advisor Limited to promote information about Dementia Adventure holidays on their website. One of the trustees of Dementia Adventure was also a director of Silver Travel Advisor Limited during that time.

17. OBLIGATIONS UNDER LEASES

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2020	2019
	£	£
Within one year	16,440	995
Between one and five years	16,854	2,070
	33,294	3,065

18. PRIOR YEAR STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted Funds 2019 £	Restricted Funds 2019 £	Total 2019 £
Income:				
Donations and legacies	**2**	492,359	124,093	616,452
Charitable activities	**3**	210,482	172,152	382,634
Other trading income: Fundraising		17,655	-	17,655
Investment income	**4**	1,905	-	1,905
Total income		722,401	296,245	1,018,646
Expenditure:				
Costs of raising funds				
Raising funds	**5**	70,627	-	70,627
Charitable expenditure				
Expenditure on charitable activities	**5**	500,681	308,005	808,686
Total expenditure		571,308	308,005	879,313
Net gains / losses on investments		16,174	-	16,174
Net movement in funds		167,267	(11,760)	155,507
Reconciliation of funds				
Total funds brought forward		200,881	134,544	335,425
Total funds carried forward		368,148	122,784	490,932

DEMENTIA ADVENTURE TRUST

CHARITABLE INCORPORATED ORGANISATION

DETAILED INCOME AND EXPENDITURE ACCOUNT

YEAR ENDED 30 NOVEMBER 2020

	2020		2019	
	£	£	£	£
INCOME				
Donations and legacies				
Donations	72,257		40,310	
In memory donations	-		1,749	
Grant income	632,905		574,393	
		705,162		616,452
Charitable activities				
Adventures revenue	10,010		179,234	
Training and consultancy revenue	23,043		31,248	
Grant income	-		172,152	
		33,053		382,634
Other trading activities: Fundraising		-		17,655
Investment income: Bank interest receivable		960		1,905
TOTAL INCOME		739,175		1,018,646
EXPENDITURE				
Costs of raising funds				
Fundraising expenditure		576		10,688
Cost of charitable activities				
Holiday expenditure	17,468		183,136	
Training and consultancy expenditure	12,086		24,065	
Big Lottery Fund expenditure	23,698		50,687	
Research costs	-		1,885	
Advertising and promotion	15,456		23,940	
Special interest group	-		6,838	
Support costs:				
Salaries, NI and pensions	420,858		479,515	
Rent, rates and insurance	24,251		30,481	
Office costs	28,535		43,777	
Depreciation	7,201		7,394	
Sundry expenses	2,659		5,398	
		552,212		857,116
Governance costs				
Fees payable to independent examiner	3,733		5,393	
Other governance costs and bookkeeping	8,692		6,116	
		12,425		11,509
TOTAL EXPENDITURE		565,213		879,313
Unrealised gains on investments		10,949		16,174
Surplus for the year		184,911		155,507
Brought forward funds		490,932		335,425
Carried forward funds		675,843		490,932