



**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

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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.

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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.

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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.

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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

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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.

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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.

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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

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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

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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+

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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

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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.

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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.

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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.

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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.

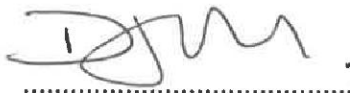
The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 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.

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TRUSTEES' REPORT (*continued*)
YEAR ENDED 30 NOVEMBER 2022

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 on13 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.

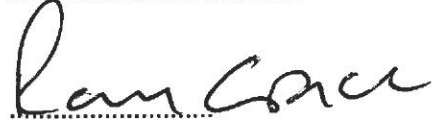
Independent examiner's statement

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 Grace 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

		Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
	Note				
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

		2022		2021	
		£	£	£	£
	Note				
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		<u>612,325</u>		<u>742,943</u>	
		650,176		753,631	
Creditors: Amounts falling due within one year	12	<u>(67,297)</u>		<u>(49,281)</u>	
Net current assets			<u>582,879</u>		<u>704,350</u>
Total assets less current liabilities			860,539		894,309
Creditors: Amounts falling due after more than one year	13		-		(3,190)
Net assets			<u>860,539</u>		<u>891,119</u>
Funds of the charity					
Restricted funds	14		18,085		56,465
Unrestricted funds	15		842,454		834,654
Total charity funds			<u>860,539</u>		<u>891,119</u>

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

**DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2022

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.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 30 NOVEMBER 2022

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 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.

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.

**DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION**

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 30 NOVEMBER 2022

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.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 30 NOVEMBER 2022

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
	<u>562,864</u>	<u>132,500</u>	<u>695,364</u>	<u>712,300</u>

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
	<u>215,239</u>	<u>-</u>	<u>215,239</u>	<u>104,395</u>

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
	<u>5,471</u>	<u>-</u>	<u>5,471</u>	<u>60</u>

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

**DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION**

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 30 NOVEMBER 2022

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.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 30 NOVEMBER 2022

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
	<u>12,200</u>	<u>10,544</u>

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
	<u>578,045</u>	<u>435,525</u>

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

2022	2021
No.	No.
<u>20</u>	<u>19</u>

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.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

YEAR ENDED 30 NOVEMBER 2022

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.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 30 NOVEMBER 2022

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
	<u>37,851</u>	<u>10,688</u>

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
	<u>67,297</u>	<u>49,281</u>

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

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 30 NOVEMBER 2022

14. RESTRICTED FUNDS

Current year:	Movement in funds				Balance at 30/11/2022 £
	Balance at 01/12/2021 £	Income £	Expenditure £	Transfers £	
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)	-	-
	<u>56,465</u>	<u>132,500</u>	<u>(170,880)</u>	<u>-</u>	<u>18,085</u>

- 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.

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS (continued)

YEAR ENDED 30 NOVEMBER 2022

14. RESTRICTED FUNDS (continued)

	Prior year:				Balance at 30/11/2021 £
	Balance at 01/12/2020 £	Income £	Expenditure £	Transfers £	
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

DEMENTIA ADVENTURE TRUST
CHARITABLE INCORPORATED ORGANISATION
NOTES TO THE FINANCIAL STATEMENTS *(continued)*
YEAR ENDED 30 NOVEMBER 2022

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
	<u>54,496</u>	<u>16,854</u>

