

THE DENGIE D-CAF

England & Wales · Charity number 1164014

Details

Status Registered

Legal form CIO

Registered 2015-10-19

Register [View on the Charity Commission register](#)

Contact

Address 19 Garden Close
Althorne
Chelmsford
CM3 6BP

Phone 01621783426

Website www.dengiedcaf.org

Activities

Objects: TO PRESERVE, PROMOTE AND IMPROVE THE GOOD MENTAL AND PHYSICAL HEALTH OF PEOPLE LIVING WITH DEMENTIA AND THOSE WHO CARE FOR THEM LIVING ON THE DENGIE PENINSULA BY1. ENABLING THEIR ACTIVE PARTICIPATION IN RELATIONSHIPS OF MUTUAL SUPPORT WITHIN A COMMUNITY OF WHICH THEY SHARE OWNERSHIP, THUS REPLACING THEIR SENSE OF ISOLATION WITH A SENSE OF BELONGING2. DEVELOPING AND PROVIDING OPPORTUNITIES FOR PEOPLE LIVING WITH DEMENTIA TO ENGAGE IN SOCIAL AND GROUP ACTIVITIES THAT MEET THEIR INDIVIDUAL SOCIAL, EMOTIONAL AND PHYSICAL NEEDS AND TO SUPPORT THEIR ENGAGEMENT IN OTHER MEANINGFUL ACTIVITIES OF THEIR CHOICE3. RAISING AWARENESS AND PROMOTING UNDERSTANDING OF THE ISSUES THAT MAY AFFECT PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS

Activities: The Dengie D-Caf aims to promote a good quality of life for people living with dementia on the Dengie Peninsula, as well as their carers, friends and family. It provides opportunities for people to engage in meaningful activities that meet individual social, emotional and physical needs. It also raises awareness of the issues that can affect members and helps them access support and information.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£11,733	£7,217	-	-
2023-09-30	£9,115	£3,294	-	-
2022-09-30	£2,655	£1,083	-	-
2021-09-30	£451	£454	-	-
2020-09-30	£1,036	£749	-	-

Trustees

Name	Role	Appointed
ALEXANDRA LOUISE SOUTHCOMBE		2016-04-28
Barry Edward Butler		2022-12-06
Jacqueline Susan Bray		2024-10-01
Jane English		2022-12-06
Midori Joanne Abraham		2022-12-06

THE DENGIE D-CAF

England & Wales - Charity number 1164014

Accounts

Annual Report of the Dengie D-Caf

1st October 2023 – 30th September 2024

A. Reference & Administration details

The Dengie D-Caf was established as a Charitable Incorporated Organisation (CIO) on 19th October 2015, registration number: 1164014
Address for correspondence: 19 Garden Close, Althorne, Essex CM3 6BP

B .Structure, Governance & Management

Trustees: Jane English, Barry Butler (Treasurer) Midori Abraham , Alexandra Southcombe, Jae Bray (new), Non Trustee Member and Chair - Karen Butler

Under our governing document, we are required to have a minimum of three trustees.

This was to be a full year of normality and expansion of services. The Dengie D-Caf continues to remain a small, local charity that is volunteer led and run. We have no paid staff. The Chair co-ordinates the sessions and the volunteers.

We recommenced our quarterly trustee meetings with treasurer reports and we started quarterly volunteers' meetings to organise social activities and use for staff training. We were also successful in applying for a grant from our local authority, just prior to completion of last year's report and were awarded £6,000 in September 2024, so this year to enhance our services and to spend it. We used this primarily to extend our sessions to reach more people and improve our materials.

The Chair reports back on the sessions at trustee meetings and trustees continue to approve decisions outside trustee meetings, Jane English continues her role as lead trustee and Chair will seek approval or advice in-between meetings as and when necessary.

We increased the numbers of our volunteers due to our membership steadily increasing throughout the year. The Chair continues to promote the WhatsApp group for volunteers and for Members. This helps with communication and is used to remind about upcoming sessions and news and to wish people Happy Birthday when required. Carers have stated that they find the WhatsApp group a great source of support if they are struggling and for sharing advice and tips from others in a similar situation.

All our volunteers are required to have some experience of dealing with dementia in their family or friends to be able to be of support to the members. They also need approval from lead trustee before commencing

their volunteering journey. Trustees continue to approve all decisions about members, activities and anything to do with organisation of the group. Trustees review training needs and update policy documents as required, and the treasurer renews the website registration and files the annual return to the Charity Commission.

Dengie D-Caf continues to be a member of The Maldon & District Community Voluntary Services (MDCVS, which enables us to publicise our group throughout Maldon and the Dengie peninsula, to make use of their Disclosure & Barring Service for new volunteers and to keep ourselves updated about developments locally and nationally. Dengie D-Caf is part of Connect Well in the Maldon district, which both publicises the support we offer, as well as enabling us to accept referrals from other members.

The Organiser/ Chair is the main point of contact and responds to telephone calls, any enquiries and messages. As well as existing members, Dengie D-Caf is contacted by people requesting more information about dementia. They are signposted to local services as appropriate and sent information leaflets supplied by Dementia UK or the Alzheimers Society.

C. Objectives & Activities

Dengie D-Caf aims to promote a good quality of life by supporting people living with dementia, their carers, family and friends.

Dengie D-Caf dementia support group members normally meet on the 2nd Wednesday and, due to our membership expanding, we increased our sessions to include 4th Thursday of every month in a larger venue. We also decided to continue with our Steeple session on first Friday of each month as this venue is more rural and provides services to the more remote and isolated part of our area. It also has different types of facilities such as WIFI and a large indoor bowls mat, plus secure outside space, which facilitated a lovely summer picnic. Our members also felt that because our Steeple session had a smaller number of attendees, it was perfect for regular reminiscing work, which is always very well received. Activities continue to be chosen by members to ensure we meet their needs and aspirations. Also learning new skills where possible. Carers frequently say how therapeutic our craft activities are.

Our main aim for Dengie D-Caf is to provide a safe, welcoming space and to actively listen and engage with all members. Activities are chosen by the group to reflect their interests and histories and to promote living well with dementia. We provide support and information to carers as well as to those living with dementia. Carers who are sadly bereaved are also encouraged to keep attending for friendship and as support for others. Due to the increased number of volunteers, our more experienced volunteers sit with members at each session and chat about their month and actively listen to identify anyone who may be struggling.

Our regular visitors from Alzheimers society and local police help us to meet aims to offer advice and information to our members that is relevant and up to date.

Our monthly newsletters include photographs of the previous session, birthdays, local news and events, plus a monthly quiz to do in the session if time permits, or at home. They also include dementia-related features, e.g., benefit advice, health related topics and articles to maintain independence at home for carers and helpful information to increase well-being for those living at home with dementia. Our WhatsApp group helps with effective communication in between sessions as well as a support mechanism for carers.

D. Achievements & Performance

- We increased our outings especially for meals and organised one per month throughout the summer as everyone felt it was less stressful to eat in a group with volunteer support. These continued to be free as funded by our grant.
- We held our AGM in October with over 34 members attending and all members were very happy with all the work we do.
- We continued to gift flowers or hampers for milestone birthdays.
- We recruited 6 additional regular volunteers, who worked alongside the Chair and 3 of the trustees throughout the year including a bereaved carer who became a volunteer.
- Our Christmas party was a lovely buffet lunch with sandwiches being donated from our local supermarket. We had entertainment from a local line dancing group and the local choir helped with singing carols.
- After Christmas, we continued the January planning session for our members to choose their activities for the following year. Our members expressed a wish to attend a pantomime, so we organised a special dementia friendly performance with a local Amateur Dramatic group. We attended their dress rehearsal, which was very successful, and will be a regular annual outing.
- We introduced improved art and craft activities and used grant monies to stock up on supplies. These proved to be very popular with everyone, especially the carers who found them relaxing and therapeutic. We started with Christmas crafts and members made their own Christmas cards which we had printed and sold at cost. We also had 2024 calendars printed for all members with the significant dates already marked. We were lucky to still have a local art and craft tutor as a volunteer and she helped with a huge variety of art and craft related activities, such as glass painting workshops, stone and pebble painting, decorating bird boxes and a huge variety of Christmas crafts. Our new grant also gave us the opportunity to

completely restock our art and craft supplies. It has also been instrumental in increasing our outings for the next year.

- The impact of longer waiting lists for assessments with Social Care meant that carers were often left very stressed following diagnosis with a lack of support. We therefore identified the need to increase our sessions in 2024 and to include some outreach work in more isolated areas, by providing additional support for some carers who were struggling.
- We had a brand-new website designed and this includes a blog page for us to store relevant documents and policies. www.dengiedcaf.org . Our website used an existing .org address but was redesigned by a professional company. The new website includes testimonials from our members and photographs of team members and trustees. This was funded from our grant
- We organised new leaflets and have distributed these in local public places. and also designed and purchased a pull-up display information banner and started to attend local marketing and awareness events
- Due to the local need, we were able to make plans to increase sessions to 3 each month as we had been described as a lifeline for the carers. We discontinued to use United Reform Church in Burnham as our second venue as the car park was soon too small due to increased membership. We moved to St Cuthberts' Catholic church hall for 2nd Wednesday and 4th Thursday sessions and continued with Steeple village hall for the first Friday of each month. We offered a small amount of outreach work where carers were in crisis. This was well received.
- A few of our volunteers participated in a local Rotary club sponsored walk to raise funds for Dengie D Caf
- A local dementia-themed charity called SEAN folded and they donated their balance of just over £1200 to us.
- We were lucky to have continued funding from Maldon CVS for a local cinema to provide a Bi Monthly relaxed Dementia Friendly film showings, which included the wider community, including 3 residential care homes, a day centre and the wider community. This was free and if the cinema didn't have a suitable film, we agreed to provide a suitable DVD to show. This was hugely popular with approximate 40 plus people attending, with their carers.
- Our sessions are well supported by relevant services. We are lucky to have monthly support from 2 local Alzheimers volunteers as well as our local Police Community Support Officer (PCSO) and Council Engagement officer. The local PCSO has been invaluable giving advice and support on sensitive issues on driving and other legal issues. As a result of these visits, we redesigned our membership form to reflect questions such as 'have you advised DVLA of your diagnosis'. We have also had informative visits from local Citizens Advice centre who gave advice on completion of Blue Badges and Attendance Allowance forms. We also had visits from a local ex-police dog handler with their retired 3-legged dog, a local garden

centre who helped members plant up pots with flowers and vegetables, we participated in a local Slipper Swap campaign, a brilliant initiative to reduce falls in the home provided by Maldon Community Volunteer Service (CVS). We also had 2 NHS clinical personnel attend a session to carry out our basic health checks. We are requesting that this will be a regular event.

- We asked our volunteers to complete Dementia Friends training either online or face to face. This was found to be very helpful.
- Outings proved very popular and we visited a local vineyard twice who provided a ploughman's lunch, plus we participated in the Local Burnham Art trail by accepting an invitation to a local artist's home for a cream tea, and one of our members held a garden party which was thoroughly enjoyed by all.
- Our membership increased steadily throughout the year and as at September 2024, we had 20 members living with dementia and 21 carers attending. Plus 2 bereaved carers. Sadly 3 people passed away and 1 moved into a Residential care home.
- Our age group ranged from 60 to 99, although most were in their 70s and 80s. As well as dementia, some had Parkinson's disease, arthritis and diabetes.
- Burnham Town Council continued to support us by printing our monthly newsletter and any other printing we needed. We do regularly provide copying paper.
- Towards the end of that year, we were given a donation of £4,000 by Provide, who nominated us to receive money from their funds. Provide supply the NHS community-based services on behalf of the NHS.

E. Financial Review

- **Sources of funding**

We started the financial year on 1st October 2023 with an **opening balance of £10,656.26**, being made up of £10,604.80 in the bank and £51.46 the petty cash.

- **A total of £11,732.64 in donations and grants were received:** including £4,000 donation from Provide, £1,246 from SEAN, £651 from quiz nights, £606 in sponsored walks, £400 from Burnham & Dengie Rotary club, and £350 from the Burnham Carnival Committee
- **Total expenditure for the year was £7,495.04**, made up of £7,216.84 via bank and £278.20 from petty cash.
- **Closing balance was £15,134.86** of which £15,120.60 in bank and £14.26 in petty cash.

Our main expenditure this year has been for outings, Hall Rent and stocking up on supplies for a large range of art and crafts activities.

Our reserves policy for the next financial year will be to continue to hold £1,500 to cover one year's insurance and basic running costs.

F. Declaration

Overall, it has been another very productive and successful year for Dengie D-Caf. Feedback from our members and our trustees evidence clearly that they are very satisfied that in this time we have managed to retain the free service with a full programme with outings whilst still taking care to safeguard our vulnerable members.

The trustees declare that they have approved the report above.

Signed Karen Butler
ordinator

Full name: Karen Butler Position: Chair /co-

Signed Jane English

Full Name Jane English, Lead Trustee.

Date: 30 june 2025

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England & Wales - Charity number 1164014

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Trustees: Jane English, Barry Butler (New) (Treasurer) Midori Abraham (New) , Alexandra Southcomb, Non Trustee Member and Chair - Karen Butler

Under our governing document, we are required to have a minimum of three trustees.

This was the year we managed to revert to normality, following 2 years of COVID , where contact had been primarily phone calls, via text and email. We continued to take precautions against infection control and volunteers all made a aware to test when they have symptoms. The Dengie D-Caf continues to remain a small, local charity that is volunteer led and run. We have no paid staff. The Chair co-ordinates the sessions and the volunteers

We recommenced our quarterly trustee meetings with treasurer reports and some volunteers also attended to feedback on social activities.

We changed bank accounts from Barclays to Co-op and at the same time, increased our Trustees to 4, Midori Abraham joined us in October 2022 and Barry Butler who was the existing treasurer, also became a Trustee.

The Chair reports back on the sessions at trustee meetings and trustees continue to approve decisions outside trustee meetings, Jane English has taken the role as lead trustee and Chair will seek approval or advice in-between meetings as and when necessary.

We increased our volunteers due to our membership steadily increasing throughout the year. The Chair continues to promote the WhatsApp group for volunteers and for Members. This helps with communication and used to remind about upcoming sessions and news and to wish people Happy Birthdays when required. Carers have stated that they find the Whatsap group a great source of support if they are struggling or sharing advice and tips.

All our volunteers require and have some experience of dealing with dementia in their family or friends to be able to be of support to the members. They also need approval from lead trustee before commencing their volunteering journey. Trustees continue to approve all decisions about members, activities and anything to do with organisation of the

group. Trustees review training needs and update policy documents as required, and the treasurer renews the website registration and files the annual return to the Charity Commission.

Dengie D-Caf continues to be a member of The Maldon & District Community Voluntary Services (MDCVS) which enables us to publicise our group throughout Maldon and the Dengie peninsula, to make use of their Disclosure & Barring Service for new volunteers and to keep ourselves updated about developments locally and nationally. Dengie D-Caf is part of Connect Well in the Maldon district, which both publicises the support we offer as well as enabling us to accept referrals from other members.

The Organiser/ Chair is the main point of contact and responds to telephone calls, any enquiries and messages. As well as existing members, Dengie D-Caf is contacted by people requesting more information about dementia. They are signposted to local services as appropriate and sent information leaflets supplied by Dementia UK or the Alzheimers Society.

C. Objectives & Activities

Dengie D-Caf aims to promote a good quality of life by supporting people living with dementia, their carers, family and friends.

Dengie D-Caf dementia support group members normally meet on the 2nd Wednesday and due to our membership expanding we increased our sessions to include 4th Thursday of every month in a larger venue. Our main aim is to provide a safe, welcoming space and to actively listen and engage with all members. Activities are chosen by the group to reflect their interests and histories and to promote living well with dementia. We provide support and information to carers as well as to those living with dementia. Carers who are sadly bereaved are also encouraged to keep attending for friendship and support for others.

The monthly newsletters include photographs of the previous session, birthdays, local news and events, plus a monthly quiz to do in the session if time permits, or at home. They also include dementia related features, e.g. benefit advice, health related topics and articles to maintain independence at home for carers and helpful information to increase well-being for those living at home with dementia.

We held our first Christmas party since Covid, in December 2022. A local supermarket donated party food and we had presents donated by the local community initiative, 'United in Kind' where the local community donate suitable gifts, and we distributed these at our party by a local Santa. It was good to see members interacting together again on these occasions and to be able to assess how they were doing. We purchased gifts for the carers.

D. Achievements & Performance

- We recommenced outings and introduced art and craft activities which proved to be very popular with everyone, especially the carers who found them relaxing and therapeutic. We started with Christmas crafts and members made their own gift cards and Xmas tree decorations.
- Due to the local need, we were able to make plans to increase sessions to 2 monthly as we had been described as a lifeline for the carers. We continued to use Creeksea Church hall as our Wednesday venue but members selected a bigger venue in United Reform Church in Burnham as our second venue on 4th Thursday of each month.
- We were lucky to have continued funding from Maldon CVS for a local cinema to provide a Bi Monthly relaxed Dementia Friendly film showings, which included the wider community, including 3 residential care homes, a day centre and the wider community. This was free and if the cinema didn't have a suitable film, we agreed to provide a suitable DVD to show. This was hugely popular with approximate 40 plus people attending, with their carers.
- We provided emergency first aid training for all volunteers plus many of our volunteers did their Dementia Friends training.
- After Christmas, we reinstated the January planning session for our members to choose their activities for the following year. We were lucky that a local art and craft tutor became a volunteer and she helped with a huge variety of art and craft related activities, such as glass painting workshops, stone and pebble painting, decorating bird boxes and a huge variety of Christmas crafts. Our new grant also gave us the opportunity to completely restock our art and craft supplies, increase our outings for the next year.
- The impact of longer waiting lists for assessments with Social Care meant that carers were often left very stressed following diagnosis and no-where to get much needed support. We therefore identified the need to increase our sessions in 2024 and to include some outreach work in more isolated areas, by providing additional support for some carers who were struggling.
- We also had visits from a local ex police dog handler with their retired 3-legged dog, a local garden centre who helped members plant up pots with flowers and vegetables, we participated in a local Slipper Swap campaign, a brilliant initiative to reduce falls in the home provided by Maldon CVS (Community Volunteer Service),
- Outings proved very popular and we visited a local vineyard twice who provided a ploughman's lunch, plus we participated in the Local Burnham Art trail by accepting an invitation to a local artists home for a cream tea, and one of our members held a garden party which was thoroughly enjoyed by all.
- Towards the end of 2023, we applied for a grant and were very happy to have our application for a significant amount from Essex

Community Foundation approved for £6,000 in September 2023. This grant has conditions and ideally should be used in the next 12-month period, so 2024 is going to be very successful with exciting times ahead to expand our services.

- We reviewed all our Policies and Risk Assessment with Trustees approval and introduced a new Volunteer Induction pack.
- Our membership increased steadily throughout the year and as at September 2023, we had 18 members living with dementia and 17 carers attending. Plus 2 bereaved carers. Sadly 1 person passed away and 2 moved into a Residential care home. We did open up a session to a local care home, however, our members found this a little overwhelming due to the advanced state of their dementia. So, our trustees asked that we reverted back to people living in the wider community only. We did however visit the care home to assist them starting their own memory café and helped them with some ideas to use within their care home environment. All our members live within our small Dengie Peninsular, which is a rural, fairly isolated area of Essex with poor public transport links and at least 45-minute journey to local hospitals.
- Our age group ranged from 60 to 99, although most were in their 70s and 80s. As well as dementia, some had parkinson's disease, arthritis and diabetes.
- We had 3 additional regular volunteers, who worked alongside the Chair and 2 of the trustees throughout the year plus two supporters, who were bereaved carers who still attended Dengie D Caf and provided support for carers.

E. Financial Review

- **Sources of funding**
We started the financial year on 1st October 2022 with an **opening balance of £4356.70**, being made up of £4260.79 in the bank and £95.91 in the petty cash.
- **A total of £9114.58 in donations and grants were received:** including £878 64 in memory of Carol White, £100 from Burnham Carnival committee, £493 from fundraising quiz nights, £200 from the Burnham Music Group, £120 sponsorship for the Burnham & Dengie Rotary Club Ramble and of course a £6000 grant from Essex Community Foundation.
- **Total expenditure for the year was £3294.22**, made up of £2770.57 via bank and £523.65 from petty cash.
- **Closing balance was £10,656.26**, of which £10604.80 in bank and £51.46 in petty cash.

Burnham Town Council continued to support us by printing out the newsletter and any other printing we needed. We do provide copying paper. Our main expenditure this year has been for outings, Rent and stocking up on supplies for a large range of art and crafts activities .

Our reserves policy for the next financial year will be to continue to hold £1,500 to cover one year's insurance and basic running costs.

F. Declaration

Overall, it has been a very productive and successful year for Dengie D-Caf and our members, and the trustees are satisfied that in this time we have managed to both adapt to the return of a full programme with outings whilst still taking care to safeguard our vulnerable members

The trustees declare that they have approved the trustees report above.

Signed: *K J Butler*
Position: Chair /Organiser

Full name: Karen Butler

Signed: *J English*
Trustee.

Full Name. Jane English, Lead

Date: 2nd July 2024

Dengie D-Caf Accounts 2022/23

D Caf Accounts October 2022 to Septemeber 2023

Opening bala£4,260.79										
Income					Payments					
Date	Description	Source	Amount	Refresh	Stationary and	Insurance	Gifts	Outings	Workshop sup	Hall Hire
28th October	Donation	A Warren	£40.00							
Total Oct			£ 40.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
28th Nov	Donation	Midori Abrah	£ 30.00							
9th November	Donation	Midori Abrah	£ 30.00							
18th November	Donation	Linda Bugg	£ 20.00							
Total Nov			£ 80.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
15th Dec										£ 16.60
12th Dec	Donation	Quiz Night ma	£ 287.20							
28th Dec	Donation	Midori Abrah	£ 30.00							
9th December	Donation	Burnham Carn	£ 100.00							
Total Dec			£ 417.20	£ -	£ -	£ 16.60	£ -	£ -	£ -	£ -
15th Jan										£ 16.56
28th Jan	Donation	Midori Abrah	£ 30.00							
Total Jan			£ 30.00	£0.00	£0.00	£16.56	£0.00	£0.00	£0.00	£0.00
15th Feb										£ 16.56
28th Feb	Donation	Midori Abrah	£ 30.00							
Total Feb			£ 30.00	£0.00	£0.00	£16.56	£0.00	£0.00	£0.00	£0.00
15th March										£ 16.56
28th March	Donation	Midori Abraha	£ 30.00							

Total March			£ 30.00	£ -	£ -	£ 16.56	£ -	£ -	£ -	£ -
11th April						£ 20.00				
11th April										£ 60.00
11th April										£ 275.00
14th April	Donation	K & R Harmer	£ 100.00							
14th April	Donation	Liz Smith	£ 300.00							
14th April	Donation	Burnham Mus	£ 100.00							
14th April	Donation	D & G Shearin	£ 50.00							
15th April						£ 16.56				
18th April							£358.16		£ 98.56	
17th April	Donation	Carol White	£ 748.74							
28th April	Donation	Midori Abrah	£ 30.00							
Total April			£ 1,328.74	£ -	£ -	£ 36.56	£ 358.16	£ -	£ 98.56	£ 335.00
1st May									£ 95.71	
12th May	Donation	Burnham Mus	£ 200.00							
19th May	Donation	Carol White (p	£ 80.00							
19th May	Donation	Carol White (R	£ 40.00							
16th May	Donation	Easyfundraisin	£ 25.64			£ 16.56				
25th May								£450.00		
28th May	Donation	Midori Abrah	£ 30.00							
31st May						£ 169.00				
Total May			£ 375.64	£ -	£ 169.00	£ 16.56	£ -	£ 450.00	£ 95.71	£ -
12th June										£ 25.00
12th June										
16th June						£ 16.56				
28th June	Donation	Midori Abrah	£ 30.00							
29th June										
29th June								£ 60.00		

Total June			£	30.00	£	-	£	-	£	16.56	£	-	£	60.00	£	-	£	25.00
4th July																		
12th July														£	240.00			
12th July	Donation	Carol White	£	50.00														
14th July	Donation	Diane-Sponsor	£	60.00														
16th July										£	16.56							
18th July	Donation	Quiz-Queens	£	137.00														
28th July	Donation	Midori Abrah	£	30.00														
Total July			£	277.00	£	-	£	-	£	16.56	£	-	£	240.00	£	-	£	-
11th August	Donation	Spons Walk Di	£	60.00														
11th August	Donation	K & R Harmer	£	100.00														
16th August										£	16.56							
25th August	Grant	Essex Comm F	£	6,000.00														
28th August	Donation	Midori Abrah	£	30.00														
29th August	Donation	Quiz Night	£	256.00														
Total August			£	6,446.00	£	-	£	-	£	16.56	£	-	£	-	£	-	£	-
18th Sept										£	16.56							
28th Sept	Donation	Midori Abrah	£	30.00														
29th Sept		Clayhill Vineyard												£	331.50			
Total Sept			£	30.00	£	-	£	-	£	16.56	£	-	£	331.50	£	-	£	-

			Balance
Website	Maldon CVS	Training	To Petty Cash
£0.00	£0.00		£4,300.79
£0.00	£0.00		£4,380.79
£ -	£ -		£ 4,781.39
£0.00	£0.00		£4,794.83
£0.00	£0.00		£4,808.27

£ - £ - £4,821.71

£ 32.00

£ - £ 32.00 £5,290.17

£100.00

£ - £0.00 £100.00 £4,834.54

£240.00

£50.00

£ - £ - £240.00 £50.00 £4,472.98

£ - £ - £4,493.42

£ - £ - £10,922.86

£ - £ - £10,604.80

£ - £ - £ - £ - £10,604.80

Expenditure t£2,770.57

Year end ban£10,604.80

Petty Cash £9.46

Total funds 10614.26

Opening Balance Petty Cash 2022/2023

£95.91

Date	Income		Expenditure		TOTAL
	Description	Amount	Description	Amount	
14th			Milk	£1.25	
14th			Raffle Tickets	£2.00	
13th			Golf Lunch	£105.00	
15th	Quiz Night	£287.20			
20th			Vineyard Lunc	£190.00	
October		£287.20		£298.25	£84.86
10th			Milk and Coffe	£5.65	
November		£0.00		£5.65	£79.21
11th			Xmas Craft	£24.95	
December		£0.00		£24.95	£54.26
25th			Stamps	£7.60	
January		£0.00		£7.60	£46.66
February		£0.00		£0.00	£46.66
28th			Rubber Bands	£2.00	
3rd			Supplies	£6.62	
March		£0.00		£8.62	£38.04
April		£0.00		£0.00	£38.04
19th	From Bank	£100.00			
11th			Postage	£2.25	
14th			Ground Coffee	£9.78	
14th			Supplies	£28.10	
30th			Flowers - Alex	£35.00	
May		£100.00		£75.13	£62.91

13th		Flowers - Jill	£35.00	
13th		Accident Book	£4.99	
29th	From bank	£50.00		
June		£50.00	£39.99	£72.92
12th		Gus Hamper	£12.66	
12th		Stamps 1st cla	£8.80	
July		£0.00	£21.46	£51.46
		£0.00	£0.00	£51.46
August			£0.00	£51.46
8th		£0.00 Cards	£7.00	
September		£0.00	£7.00	£44.46
16th		Flowers-Card	£35.00	
October			£35.00	9.46
	Total Income	£437.20	Total Ependitu	£523.65
				£9.46

THE DENGIE D-CAF

England & Wales - Charity number 1164014

Accounts

Annual Report of The Dengie D-Caf **1st October 2021 - 30th September 2022**

A. Reference & administration details

The Dengie D-Caf was established as a Charitable Incorporated Organisation (CIO) on 19th October 2015, registration number: 1164014
Address for correspondence: 19 Garden Close Althorne, Essex CM3 6BP

B. Structure, governance & management

Chair and Organiser – Cristina Franchi until 22nd June 2022, Karen Butler from 23rd June 2022

Trustees: Secretary Kirsty Finch until July 2022, Treasurer Alexandra Southcomb until 1st June and continued as Trustee, Barry Butler took over as Treasurer from 2nd June, Jane English became Trustee on 1st June 2022
Under our governing document, we are required to have a minimum of three trustees.

This was the year we started to recover from lockdown and restart our monthly sessions indoors. We continued to follow our COVID 19 policy, agreed in March 2020 to ensure the health and safety of our members and volunteers.

The Dengie D-Caf is a small, local charity that is volunteer led and run. We have no paid staff. The Chair co-ordinates the volunteers and organises the social media page and monthly sessions. All our volunteers have regular Disclosure and Barring checks to ensure compliance with our Safeguarding policy.

This year has been a year of change for us, not only were we recovering from lockdown, our Founder, existing Chair, of Trustees and Organiser, Cristina Franchi and her partner, Peter Argall, a Dengie D-Caf volunteer, emigrated to Australia moving away on 23rd June 2022 and our second Trustee, Secretary Kirsty Finch relocated to Dorset in August 2022. Cristina organised a handover meeting on 1st June and Karen Butler, an existing Dengie D-Caf volunteer with experience of organising Dementia Cafes, agreed to take over as Chair of Trustees and Organiser. Subsequently Karen recruited 2 more Trustees to remain in line with Charity Commissions requirements and 2 volunteers to ensure sessions run smoothly and safely.

The Chair reports back on the sessions to the trustees in a quarterly meeting and in-between via telephone when necessary. One of our new trustees is also a very experienced Dengie D-Caf volunteer and she approves new memberships as needed. Trustees also approve activities chosen by our members every January to ensure they promote awareness of the organisation and of people living with dementia in our area, relationships, referrals and requests from other professionals and charities working locally, and any expenditure. The Chair reviews training needs and the trustees approve and agree of any update needed to policy documents as required.

The Chair also renews the website registration, updates the website and social media pages and files the annual return to the Charity Commission.

The Dengie D-Caf continues to be a paid member of The Maldon & District Community Voluntary Services (MDCVS) which enables us to publicise our group throughout Maldon and the Dengie peninsula, to make use of their Disclosure & Barring Service for new volunteers and to keep ourselves updated about developments locally and nationally. They also offer training for volunteers locally such as Dementia Friends training and other useful courses. The Dengie D-Caf is part of Connect Well in the Maldon district, which both publicises the support we offer as well as enabling us to accept referrals from other members.

The Chair is the main point of contact and responds to telephone calls and messages. As well as existing members, The Dengie D-Caf is contacted by people wanting more information about dementia. They are signposted to local services as appropriate and sent information leaflets supplied by Dementia UK, Alzheimers society and other local organisations.

C. Objectives & activities

The Dengie D-Caf aims to promote a good quality of life by supporting people living with dementia, their carers, family and friends.

The Dengie D-Caf dementia support group members normally meet on the first Wednesday of every month and restarted these indoor meetings October 2022. The main aim is to provide a safe, welcoming space and to actively listen and engage with all members. Activities are chosen by the group to reflect their interests and histories and to promote living well with dementia. We provide support and information to carers as well as to those living with dementia.

D. Achievements & performance

We moved to a brand-new venue, still in Burnham on Crouch as our local council offices remained closed. This new venue was larger and had more facilities including a fully accessible toilet and more parking. We had many visitors from local agencies including Alzheimer's society, a local day centre for people living with Dementia and had continued support from United-in-Kind Coach, Amy Melton. We enjoyed our Christmas party and were pleased to be able to receive gift bags made up from local donations organised by United in Kind plus a selection of small personalised gifts for all. We held our usual planning session in January with our members and volunteers to choose their activities for each session in the next 12 months and their outings for the summer months. We took our members to lunch at a local golf club, we also visited a local garden and a local vineyard where our members and their carers enjoyed lunch and a talk about English wines. This was hugely popular and we agreed to repeat it next summer. We participated in the annual Burnham Art trail as usual and one of the participants and one of our volunteers organised a visit to her studio and a cream tea in her garden.

As all our carers have Smart phones, the Chair set up 2 WhatsApp groups in November 2022, one for volunteers and one for members to be able to

share tips, concerns and contact a friendly voice for support in-between sessions. Also, the Chair uses this as a reminder for the monthly sessions and any news or events that occur in-between the monthly sessions that would benefit or be of interest to our members. These groups have been popular and are well used. Permission was sought from everyone to share contact numbers to ensure compliance with data protection.

We received funding via Maldon & District Community Voluntary Services (MDCVS) for a bi-monthly Dementia Friendly cinema showing which commenced in March 2022 showing appropriate films in a Dementia friendly local setting. During the summer months, in order to maintain good numbers and secure additional funding, these film viewings were also opened up to people living with Dementia in the wider community with local care homes and day centres for adults with learning disabilities also participating.

During the year 1 member passed away. As at September 2022, we had a total of 20 members made up of 11 people living with dementia, 7 family members/carers and 2 bereaved carers. Our members were mostly in their 70s and 80s. As well as dementia and other memory issues some had Parkinson's disease, COPD, chronic asthma, epilepsy, and diabetes.

E. Financial Review

The biggest challenge by far for us this year has been the lack of access to our bank account due to the need to change our signatories after 2 trustees and signatories moved out of the area half way through the reporting year. During this time, the new Chair and treasurer funded the D Caf from their own savings plus we did some fundraising in the form of a Quiz Night. This quiz night would be instrumental in funding our Christmas party.

Sources of funding

We started the financial year on 1st October 2021 with an **opening balance of £2785.05**, being made up of £2588.01 in the bank and £197.04 in the petty cash.

During this year, Dengie D-Caf signed up to Easy Fundraising, a free initiative where many retailers donate a small percentage of the contributors purchases to a chosen charity. We regularly publicise and encourage our members and their families and friends to use Easy Fundraising and select Dengie D-Caf as their chosen charity when shopping online.

A total of £2654.82 in donations was received: including in October the Burnham Golf Club donated £2400 from Captain's chosen charity and a £100 donation was received from St Andrews Church, Althorne.

In November a donation of £31.63 was received from two of our members, Vin and Jean Lomas. Burnham Golf Club donated a further £23.19 in March 2022, and two more members, Kath and Roy Harmer donated £100 in August 2022.

Total expenditure for the year was £1,083.17, made up of £982.04 via bank and £101.13 from petty cash.

Closing balance was £4356.70, of which £4260.79 in bank and £95.91 in petty cash.

Burnham Town Council continued to support us by printing out the newsletter and any other printing we needed.

Our main expenditure this year has been for hire of the Church Hall, outings and insurance, Christmas presents and in the second half of the year the outings to Burnham Golf Club and Clayhill Vineyard.

Our reserves policy for the next financial year will be to continue to hold £1500 to cover one year's insurance and basic running costs.

F. Declaration

Overall it has been a challenging year for The Dengie D-Caf, with the need to manage the change of Leadership with our founder and Chair emigrating, and one trustee relocating to Sussex from Essex, the need to recruit new volunteers and trustees and the period of lack of access to our bank account. However, our members, and the trustees are satisfied that in this time we have managed to both adapt and make the necessary changes for the smooth running of The Dengie D-Caf and to have continued to successfully meet our aims and objectives.

The trustees declare that they have approved the trustees report above.

Signed:

Full name: Karen Butler

Position: Chair and Organiser Dengie D Caf

Date: 29th June 2023

D Caf Accounts October 2021 to September 2022

		Opening balance	£2,588.01	£40.46	£2,628.47
		Income		Petty Cash	
Date	Description	Source	Amount	Description	Amount
1st October	Donation	Burnham Gol	£2,400.00		
17th October	Donation	Althorne Chu	£100.00		
Total Oct			£2,500.00		£0.00
15th Novem	Donation	Vin and Jean	£31.63		
Total Nov			£31.63		£0.00
Total Dec			£0.00		£0.00
Total Jan			£0.00		£0.00
Total Feb			£0.00		£0.00
10th	Donation	Burnham Gol	£23.19		
Total March			£23.19		£0.00
Total April			£0.00		£0.00
17th May					
Total May			£0.00		£0.00
16th June					
1st June					
6th June					
Total June			£0.00		£0.00
18th July					

Total July		£0.00	£0.00
18th August			
16th August	Donation	K and R Harr	£100.00

Total August		£100.00	£0.00
16th September			

Total Sept		£0.00	£0.00
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Yearly Total		£5,242.83	£40.46
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Income £2,654.82

All income

Payments					
Refresh	Stationary and Postage	Insurance	Gifts	Outings	Workshop supplies

£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
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£0.00	£0.00	£0.00	£0.00	£0.00	£0.00
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£ 16.60 104.25
36.42
£200.00

£0.00	£0.00	£16.60	£340.67	£0.00	£0.00
£7.75		£16.56			

£7.75	£0.00	£16.56	£0.00	£0.00	£0.00
£4.25	£10.20	£16.56	£30.00		

£4.25	£10.20	£16.56	£30.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
		£16.56			

£0.00	£0.00	£16.56	£0.00	£0.00	£0.00
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£12.00	£10.20	£165.64	£370.67	£0.00	£0.00
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			Balance
Premises Mar Dec 22	Website	Maldon CVS	
£0.00	£0.00	£0.00	£ 5,088.01
£0.00	£0.00	£0.00	£ 5,119.64
£0.00	£0.00	£0.00	£ 4,762.37
£0.00	£0.00	£0.00	£4,738.06
£200.00			
£200.00	£0.00	£0.00	£4,477.05
£0.00	£0.00	£0.00	£4,483.68
£0.00	£0.00	£0.00	£4,467.12
£0.00	£0.00	£0.00	£4,450.56
	£191.53		
		£32.00	
£0.00	£191.53	£32.00	£4,210.47

£0.00	£0.00	£0.00	£4,193.91
£0.00	£0.00	£0.00	£4,277.35
£0.00	£0.00	£0.00	£4,260.79
£200.00	£191.53	£32.00	£4,260.79
Expenditure thru			£982.04
Year end			£4,260.79
Petty Cash			£95.91
Total funds			£ 4,356.70

Opening Balance	Petty Cash 2021/2022
£197.04	

Date	Income		Expenditure
	Description	Amount	Description
8th			Stamps
13th			Meeting supp
12th			Insurance fee
26th			Photocopying
26th			Milk and hand
26th			Jacaranda Flo
27th			Church Hall f
October		£0.00	
9th			Milk, Rachel
9th			Stationary (S
10th	Donation Mrs	£20.00	Church Hall f
10th	Donation Mr	£1.00	
November		£21.00	
8th	Donation Mrs	£20.00	Church Hall f
7th			Milk
December		£20.00	
			Church Hall f
January			

9th	Donation Mrs Ha	£20.00	Church Hall f
10th	Donation Bev	£150.00	
February		£170.00	
March		£0.00	
8th			milk
April		£0.00	
11th			Balloons
11th			milk
			Easter eggs
May		£0.00	
June		£0.00	
			milk
			Supplies (bis
			Postage
			Afternoon Tea
July			

			Milk
August			
September			
		£0.00	
	Total Income	£211.00	

	TOTAL
Amount	
£10.20	
£19.34	
£20.00	
£7.49	
£4.70	
£35.00	
£20.00	
£116.73	£80.31
£12.69	
£9.37	
£20.00	
£42.06	£59.25
£20.00	
£1.85	
£21.85	£57.40
£20.00	
£20.00	£37.40

£20.00	
£20.00	£187.40
£0.00	£187.40
£2.50	
£2.50	£184.90
£5.00	
£1.68	
£11.16	
£17.84	£167.06
£0.00	£167.06
£2.50	
£3.90	
£3.50	
£60.00	
£69.90	£97.16

£1.25	
£1.25	£95.91
	£95.91
£0.00	

THE DENGIE D-CAF

England & Wales - Charity number 1164014

Accounts

Annual Report of the Dengie D-Caf 1st October 2020 – 30th September 2021

A. Reference & administration details

The Dengie D-Caf was established as a Charitable Incorporated Organisation (CIO) on 19th October 2015, registration number: 1164014

Address for correspondence: 15 Chapel Road, Burnham-on-Crouch CM0 8JB

B. Structure, governance & management

Trustees: Cristina Franchi, Chair, Kirsty Finch, Secretary, Alexandra Southcomb, Treasurer

Under our governing document, we are required to have a minimum of three trustees.

This was the year we continued to live with lockdown and the impact of Covid 19 on our vulnerable membership. Trustee contact was primarily via text and email. Trustees had agreed a COVID 19 policy in March 2020 to ensure the health and safety of our members and volunteers and we continued to operate under it. The Dengie D-Caf is a small, local charity that is volunteer led and run. We have no paid staff. The Chair co-ordinated the volunteers

Pre and post Lockdown, the Chair of trustees organises and runs the monthly The Dengie D-Caf dementia support group session. The Chair reports back on the sessions, and the trustees approve applications received for membership (all of which to date have been approved), applications from individuals wanting to serve as volunteers, activities being undertaken to promote awareness of the organisation and of people living with dementia in our area, relationships, referrals and requests from other professionals and charities working locally, and expenditure. Trustees review training needs and update policy documents as required, and the Secretary renews the website registration and files the annual return to the Charity Commission.

The Dengie D-Caf continues to be a member of The Maldon & District Community Voluntary Services (MDCVS) which enables us to publicise our group throughout Maldon and the Dengie peninsula, to make use of their Disclosure & Barring Service service for new volunteers and to keep ourselves updated about developments locally and nationally. The Dengie D-Caf is part of Connect Well in the Maldon district, which both publicises the support we offer as well as enabling us to accept referrals from other members.

The Chair is the main point of contact and responds to telephone calls and messages. As well as existing members, The Dengie D-Caf is contacted by people wanting more information about dementia. They are signposted to local services as appropriate and sent information leaflets supplied by Dementia UK.

C. Objectives & activities

The Dengie D-Caf aims to promote a good quality of life by supporting people living with dementia, their carers, family and friends.

The Dengie D-Caf dementia support group members normally meet on the first Wednesday of every month. The main aim is to provide a safe, welcoming space and to actively listen and engage with all members. Activities are chosen by the group to reflect their interests and histories and to promote living well with dementia. We provide support and information to carers as well as to those living with dementia. The monthly meetings for members had been suspended in March 2020. Our members were left isolated at home, mostly with no contact with anyone outside the home. During the year of pandemic, we had to be imaginative in meeting our objectives and we built on our existing relationships with our members to continue to support them and their families. We used regular weekly phone contact and phone calls could be up to an hour long. Where carers used digital media we were in regular email and text contact. We sent out an extended newsletter. Members were encouraged to contact us for a chat whenever they needed to.

The newsletters encouraged living well with dementia during the lockdowns by eating healthily, continuing with exercises, including chair exercises. They reflected the changing seasons and recommended light jobs in the home and garden as well as seasonal recipes. Members were encouraged to send in photos and to share recipes and snippets of news, as well as gardening tips and nature notes, which were collected on the weekly phone calls. Updates about living with Covid 19 and information from local groups and dementia charities were included as appropriate. There were word puzzles, word searches and quizzes and seeds to grow on the windowsill.

Two volunteers did shopping regularly for two unsupported households who for some reason were not included on the shielding list and this continued until May 2021.

We were unable to have our usual Christmas party in December 2020. We sent an extended newsletter at the beginning of December. We bought personalised presents and put together goody bags for the members and their family carers. In addition Amy Melton of United in Kind organised community goody bags so we were able to distribute a second large goody bag which included second hand books, knitted & crocheted blankets, toiletries, Christmas food and cards and decorations made by the local schools. The Chair and three volunteers distributed these from the doorsteps the week before Christmas, maintaining Covid protocols. We also offered the option of a hot Christmas dinner ordered from a local café on another date and the same group of volunteers delivered these. It was good to see members on these occasions and to be able to assess how they were doing.

Normally we aim to raise awareness and increase understanding of the many issues that can affect people living with dementia, their carers, families and friends. The Chair continued to post in the local monthly magazine and one volunteer posted on the Facebook page regularly.

D. Achievements & performance

Members were cautious coming out of lockdown in the summer of 2020 so we began monthly meetings with a couple of outings to outdoor venues where we were the only visitors. 17 of us visited Stow Maries World War I aerodrome in June, and 14 visited Keeway Garden, an NGS garden, in July. There was no outing in August as members were cautious about going out in the school holidays. In September we were invited to have a private visit to Burnham Museum where the local exhibits prompted many reminiscences.

All three outings were hugely popular and served to build members' confidence so that we were able to plan to restart indoor meetings in October under strict Covid protocols re cleaning of venue, mask wearing, spacing out members and lots of fresh air. Our previous venue had been the Burnham Town Council chamber in their offices but these closed to the public in March 2020 and have not reopened. The Chair made contact with the Vicar and Churchwarden at Creeksea church in September re using their Church Hall for monthly meetings, and it was decided to try meeting there from October 2021. (It is outside the scope of this report but it proved to be a popular choice and meetings are booked in there for the foreseeable future.)

During the year, two members passed away. It was not possible to recruit new members during the pandemic but we did still respond to requests for information and signposting by phone and on our Facebook page. We had a total of 20 members made up of 8 people living with dementia, 5 family members/carers and 5 bereaved carers. Our members were mostly in their 70s and 80s. As well as dementia, some had Parkinson's disease, COPD, chronic asthma, epilepsy, and diabetes.

We had two regular volunteers, who worked alongside the Chair throughout the year plus two supporters, who rejoined us once we started meeting again.

Amy Melton of United in Kind kept in contact through the year and organised Christmas goody bags. There was no other contact from any local agency or charity and people living with dementia and their families/carers living on the Dengie struggled to get any kind of service.

E. Financial Review

Sources of funding

We started the financial year on 1st October 2020 with an **opening balance of £2690.92**, being made up of £2591.10 in the bank and £99.82 in the petty cash.

A total of £1030.77 in donations was received: including in December the Reynolds family donated £175 in memory of their grandmother, Hazel Bradley donated £15, Sid (Burnham Bowls) donated £20, local funeral director Paul J.King

made us their Christmas Stars in memory charity and donated £95 in January 2021, in April Hazel Harber donated £200, in July Vera & Rusty Oates donated £100, Pat Mullins & Annabelle Warren donated £20 and in September Burnham Day Centre donated £180.77. Sadly they were one of the small charities which did not survive the pandemic.

Total expenditure for the year was £936.64, made up of £453.86 via bank and £482.78 from petty cash.

Closing balance was £2785.05, of which £2588.01 in bank and £197.04 in petty cash.

Burnham Town Council continued to support us by printing out the newsletter and any other printing we needed, and this was done in a socially distanced manner.

Our main expenditure this year has been for postage for the newsletters and cards, birthday, condolence and Easter cards, envelopes, seeds, insurance, Christmas presents, Christmas hot meals, and in the second half of the year the outings to Stow Maries and Keeways and plants for the D-Caf community flowerbed .

Our reserves policy for the next financial year will be to continue to hold £1500 to cover one year's insurance and basic running costs.

F. Declaration

Overall it has been a challenging year for The Dengie D-Caf and our members, and the trustees are satisfied that in this time we have managed to both adapt to the conditions imposed by the pandemic and to manage the transition out of lockdown so as to continue to meet our aims and objectives.

The trustees declare that they have approved the trustees report above.

Signed:

Full name: Maria-Cristina Franchi

Position: Chair

Date: 12th June 2022

D Caf Accounts October 2020 to Septemebr 2021

		Opening balance	£2,591.10				
	Income						
Date	Description	Source	Amount	Refresh	Stationary and Postage	Insurance	Gifts

Total Oct			£0.00	£0.00	£0.00	£0.00	£0.00
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Total Nov			£0.00	£0.00	£0.00	£0.00	£0.00
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	Donation	J.Reynolds	£175.00			£16.28	
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Total Dec			£175.00	£0.00	£0.00	£16.28	£0.00
						£16.12	

Total Jan			£0.00	£0.00	£0.00	£16.12	£0.00
	Donation	Paul J King	£70.00				
	Donation	Paul J King	£25.00				
						£16.12	

Total Feb	£95.00	£0.00	£0.00	£16.12	£0.00
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£16.12

Total March	£0.00	£0.00	£0.00	£16.12	£0.00
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£16.12

Total April	£0.00	£0.00	£0.00	£16.12	£0.00
--------------------	--------------	--------------	--------------	---------------	--------------

£16.12

Total May	£0.00	£0.00	£0.00	£16.12	£0.00
------------------	--------------	--------------	--------------	---------------	--------------

£16.12

Total June	£0.00	£0.00	£0.00	£16.12	£0.00
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£16.12

Total July	£0.00	£0.00	£0.00	£16.12	£0.00
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£16.12

Total August	£0.00	£0.00	£0.00	£16.12	£0.00
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Donation Burnham Day (£180.77 £16.12

Total Sept £180.77 £0.00 £0.00 £16.12 £0.00

Yearly Total £3,041.87 £0.00 £0.00 £161.36 £0.00

Income £450.77

All income

£0.00	£0.00	£0.00	£0.00	£0.00	£2,812.58
£0.00	£0.00	£0.00	£0.00	£0.00	£2,796.46
£0.00	£0.00	£0.00	£0.00	£0.00	£2,780.34
£0.00	£0.00	£0.00	£0.00	£0.00	£2,764.22
£232.50	£0.00	£0.00	£0.00	£0.00	£2,515.60
£0.00	£0.00	£0.00	£0.00	£0.00	£2,499.48
£0.00	£0.00	£0.00	£0.00	£10.00	£2,473.36

£50.00

£50.00	£0.00	£0.00	£0.00	£0.00	£2,588.01
£282.50	£0.00	£0.00	£0.00	£10.00	£2,588.01
				Expenditure thru Bank	£453.86
				Year end	£2,588.01
				Petty Cash	£197.04
				Total funds	£ 2,785.05

THE DENGIE D-CAF

England & Wales - Charity number 1164014

Accounts

A. Reference & administration details

The Dengie D-Caf was established as a Charitable Incorporated Organisation (CIO) on 19th October 2015, registration number: 1164014

Address for correspondence: 15 Chapel Road, Burnham-on-Crouch CM0 8JB

B. Structure, governance & management

Trustees: Cristina Franchi, Chair, Kirsty Finch, Secretary, Alexandra Southcomb, Treasurer

Under our governing document, we are required to have a minimum of three trustees.

This year turned out to be a year of two halves. From October until February trustees were able to meet regularly as well as keeping in touch via email & text. Once the first lockdown happened contact was via text and email only which continued for the rest of the year. Trustees agreed a COVID 19 policy in March 2020 to ensure the health and safety of our members and volunteers. The Dengie D-Caf is a small, local charity that is volunteer led and run. We have no paid staff.

The Chair of trustees organises and runs the monthly The Dengie D-Caf dementia support group session. The Chair reports back on the sessions, and the trustees approve applications received for membership (all of which to date have been approved), applications from individuals wanting to serve as volunteers, activities being undertaken to promote awareness of the organisation and of people living with dementia in our area, relationships, referrals and requests from other professionals and charities working locally, and expenditure. Trustees review training needs and update policy documents as required, and the Secretary renews the website registration and files the annual return to the Charity Commission.

The monthly meetings for members were suspended in March 2020 and were replaced by weekly phone calls and from May 2020 an extended monthly newsletter. Shopping was done regularly for two unsupported households who for some reason were not included on the shielding list and this continued until May 2021.

The Dengie D-Caf continues to be a member of The Maldon & District Community Voluntary Services (MDCVS) which enables us to publicise our group throughout Maldon and the Dengie peninsula, to make use of their Disclosure & Barring Service service for new volunteers and to keep ourselves updated about developments locally and nationally. The Dengie D-Caf is part of Connect Well in the Maldon district, which both publicises the support we offer as well as enabling us to accept referrals from other members.

The Chair is the main point of contact and responds to telephone calls and messages. As well as existing members, The Dengie D-Caf is contacted by people

wanting more information about dementia. They are signposted to local services as appropriate and sent information leaflets supplied by Dementia UK.

The Chair ran the monthly meetings, assisted by two regular volunteers in October. In November 2019 a new volunteer, who also planned to fundraise for us for the next year in her role as Senior Ladies Captain at Burnham Golf Club, and an apprentice from the local Burnham Surgery attended. They became regular volunteers from December 2019 until March 2020, when meetings ceased due to the pandemic. In addition the Senior Ladies Captain arranged for two fellow members to provide refreshments for the meeting between November 2019 and March 2020 including for the Christmas party. A local singer, who has been a regular visitor and supporter of The Dengie D-Caf for some years, continued to attend each month to lead the singing part of the session, which is usually the last half hour.

Kim Cordes, Service navigator for local healthcare Provide, attended regularly. NHS established a new post for an NHS dementia Nurse for mid Essex and Sara Lyndon attended a couple of meetings and was replaced by Melanie Rolfe in March 2020, NHS support worker Martin attended between October 2019 and March 2020 when he informed us he was leaving.

Amy Melton of United in Kind came to the 2019 Christmas party to meet us all and subsequently helped organise our first dementia friendly screening at the local Rio cinema in March 2020. She kept in touch during lockdown organising donations for goody bags for our members in the summer of 2020, which the organiser and the two main volunteers delivered in a socially distanced manner in August 2020.

In March 2020 we welcomed a work experience student from the Sixth Form of Ormiston Rovers Academy, the local secondary school. He was planning to study medicine and was interested in working with people living with dementia. The school had agreed he could attend our monthly meetings for the rest of the academic year. In reality he was only able to attend the one meeting before we locked down.

C. Objectives & activities

The Dengie D-Caf aims to promote a good quality of life by supporting people living with dementia, their carers, family and friends.

The Dengie D-Caf dementia support group members meet on the first Wednesday of every month. The main aim is to provide a safe, welcoming space and to actively listen and engage with all members. Activities are chosen by the group to reflect their interests and histories and to promote living well with dementia. We provide support and information to carers as well as to those living with dementia.

We raise awareness and increase understanding of the many issues that can affect people living with dementia, their carers, families and friends.

D. Achievements & performance

The Dengie D-Caf monthly session, for two hours on the first Wednesday of the month, took place at Burnham Town Council (BTC) Offices from October 2019 until

March 2020, apart from the November 2019 meeting which had to meet at the United Reform Church due to Remembrance Day preparations at BTC offices.

There have been six sessions between October 2019 and March 2020 plus one cinema outing in March 2020. In addition a few of us attended a tea dance at a local residential home in October 2019. During the year we were in contact with 25 members. Between 11 and 17 members attended the monthly sessions with an average of 14 per session.

During the year, six members moved in to residential care. Pre Covid 19, two members passed away and during the pandemic three members passed away.

We had two regular volunteers, who worked alongside the Chair who organised the sessions, plus three supporters, two who provided refreshments and one who organised the singing. An apprentice from the local surgery attended four sessions and a work experience student came to one session. In addition we welcomed 17 visitors over the year including from Provide, NHS Dementia Service, United in Kind, Carers First, Missing Person's Liaison & WPCs, the Mayor, fundraising supporters from the golf club & the W.I. We had an average of three visitors per session. From October 2019 to March 2020 the Chair wrote a monthly column in a local magazine distributed to 12,000 homes locally. (Sadly, the magazine folded during the first Lockdown.) Notices were posted in the local press and on town notice boards publicising our work and signposting people to services. This generated some additional contacts with people telephoning for information and leaflets.

Some carers attended the whole session, some took the opportunity for some time for themselves. Members were regularly consulted as to the content of sessions and a session plan and a monthly newsletter was prepared for each session. This year we also instituted a reminder phone call the day before the session.

At the October session we had our AGM and reminisced about the past year and enjoyed a large cake presented to us as the prize for best community project in Burnham in Bloom 2019 for the flowerbed we tend outside BTC offices. We made Christmas cards and gift tags to sell in aid of the local campaign SEAN fundraising for a specialist dementia 'Admiral' nurse. As always we did our chair exercises at the beginning and finished the session with singing. In November, we had a lot of visitors so carers were able to talk to a representative of Carers First as well as hear about The Herbert Protocol for missing persons from local WPCs. Members of the NHS dementia service were in attendance. Local supporters from the Golf Club and the St Lawrence W.I. came to meet us. We made more Christmas cards and gift tags to sell in aid of SEAN. It proved to be a lively session. At the Christmas party in December we had a visit from Santa Claus and Mrs Claus, aka Mayor Wendy Stamp, and were entertained by Jane English, who gave us Christmas stories and led us in the carols. The Dengie D-Caf again provided personalised Christmas presents for members. Jae Bray and her colleagues at the Golf Club provided all the refreshments and Amy Melton from United in Kind came to meet us.

The January session was used to brain storm and share ideas about activities and outings for 2020. We put together a potentially very exciting programme and also

agreed that we were going to focus our singing on musical theatre and aim to build up a stable of songs based on our favourites. We started with a selection from the Sound of Music. In February local artist Jean Weber joined us and assisted by her daughter led us in a watercolour workshop and members created some beautiful cards. On two previous occasions Jean and her husband Lionel have invited us to visit Jean's studio and spend time in their garden during Burnham Art Trail so members were pleased to see Jean again. Jane led us in reprising My Favourite Things and Climb every mountain from The Sound of Music before moving on to favourite songs from My Fair Lady.

In March we brought the spring indoors and planted up flowerpots with a selection of flowering bulbs and primroses. We decorated jam jars with glass paint and filled them with daffodils. Members all went home with a jar or flowerpot or both. We reprised our favourite songs from The Sound of Music and My Fair Lady and added some songs from Oliver to our repertoire. Jane began to talk hopefully about arranging to record us at a future date.

On 11th March a small group of us went to the local Rio cinema for our first dementia friendly screening, which was of the film Military Wives. Nine members, three volunteers and Amy Melton from United in Kind who helped organise the visit attended. It was a great success and we hoped to repeat it in the future.

The Chair of Trustees had been monitoring articles about the pandemic growing around the world and after discussion with trustees it was decided on 16th March to suspend all meetings from the time being. The Trustees recognised that members were a vulnerable group. Many members are over 80. As well as dementia, some have Parkinson's disease, COPD, chronic asthma, epilepsy, and diabetes.

The Chair contacted all members to let them know and from Wednesday 25th March weekly contact by phone or text depending on preference, was instituted. One volunteer formed a social bubble and took on shopping for a member living alone, with the agreement of her family. Later on he took her for her vaccines. The other volunteer provided back up phone calls to three households as well as shopping for one of them. These arrangements stayed in place for the rest of the year.

From May 2020 the Chair with the assistance of one volunteer produced an extended monthly newsletters to try and keep the group in touch with each other. Snippets of news and photos where possible were shared, as were recipes and gardening tips, nature notes and other information. There were exercises and new stretchy bands were sent out.

As the first lockdown unfolded, all households found it difficult not being able to get out and see people and missed the routine and social contact of their usual lives. For members living with dementia whose dementia was fairly advanced began to deteriorate. It was incredibly difficult for the families and carers, many of them in their 70s and 80s, as professional support in the Dengie area from either the NHS or Social Services is extremely difficult to access. We provided a sympathetic ear and suggested numbers to try. Generally it takes a year of sustained lobbying to get any

response, which is incredibly hard for families already coping with someone living with dementia.

In June we put together individual playlists for members living with dementia and ordered MP3 players via The Purple Angel charity in Devon. The Chair and the two volunteers delivered these in a socially distanced manner in July.

Amy Melton of United in Kind set up a community project in the summer to put together goody bags with cards from school children, and contents donated by local people and businesses. We visited all households in a socially distanced manner and delivered the goody bags, jigsaws and twiddle muffs in September. It was good to see people and assess how they were doing.

The Chair continued to be a member of Support an Essex Admiral Nurse in aid of Dementia UK (SEAN). SEAN was founded by local resident Julia Mells, who is a Dementia UK ambassador and was a volunteer at The Dengie D-Caf until September 2019. Dementia UK is a registered charity & provides specialist community dementia nurses, Admiral Nurses, who give one to one support to the families & carers of those living with dementia. There are currently none of these community Admiral nurses working in Mid Essex and The Dengie D-Caf is supporting SEAN and Dementia UK who are working hard to bring this specialist dementia support to families in our area. The cards we made at the October 2019 session raised £86 for SEAN. There was a successful Christmas raffle but unfortunately the large fundraising event planned for March 2020 had to be cancelled.

The Chair was also a member of the Patient Participation Group (PPG) at Burnham Surgery and attended PPG and CCG meetings for Mid-Essex between October 2019 and March 2020.

The Dengie D-Caf, had a stall at a Living Well event organised by The Burnham Surgery on 5th October 2019 in the Village Hall. The Chair and two of our volunteers spoke to members of the public and handed out appropriate leaflets and the Chair made follow up phone calls after the event.

E. Financial Review

Sources of funding

We started the financial year on 1st October 2019 with an **opening balance of £2344.98**, being made up of £2304.52 in the bank and £40.46 in the petty cash.

Donations received were: November St Lawrence W.I. £150, December Hillside Bowls Club £700, January Con Club £66, Ann Allen £20, February Burnham Surgery £64.96, Mr & Mrs Shuk £100, September Bev's Bucket £130. Total received in the year was **£1230.96**, of which £194.96 in cash (Bev's bucket & Burnham Surgery) was paid in to petty cash. Expenditure was £749.42 via bank and £135.60 from petty cash. **Total expenditure for the year was £885.02. Closing balance was £2690.92**, of which £2591.10 in bank and £99.82 in petty cash.

Burnham Town Council allowed us to meet in the Council Chamber free of charge and provided printing support. This ceased for a bit during the first Lockdown and we had to do our own printing of the monthly extended newsletter. BTC then set up a socially distanced way of doing this and resumed printing out the newsletters.

Our main expenditure this year has been for materials for workshops, Christmas presents, insurance, the cinema outing, and for printing cartridges, paper and postage for the newsletters. Unfortunately due to Covid 19 we were not able to have the workshops and outings that we had originally planned for April to September so we ended the year in a better financial position than we had anticipated.

Our reserves policy for the next financial year will be to continue to hold £1500 to cover one year's insurance and basic running costs.

F. Declaration

Overall it has been a challenging year for The Dengie D-Caf and our members and the trustees are satisfied that in this time we have managed to adapt to the conditions imposed by the pandemic to continue to meet our aims and objectives.

The trustees declare that they have approved the trustees report above.

Signed:

Full name: Maria-Cristina Franchi

Position: Chair

Date: 28.07.2021

D-Caf October 2019 to September 2020

		Opening balance	£2,304.52				
	Income						
Date	Description	Source	Amount	Refresh	Stationary and Postage	Insurance	Gifts
				£3.50	£5.00		£15.49
					£14.78		

Total Oct			£0.00	£3.50	£19.78	£0.00	£15.49
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							£9.50
	Donation	W.I	£150.00				£9.00
							£32.13
							£3.50
							£8.73
							£3.20
							£7.00
							£22.15
							£16.50

Total Nov			£150.00	£0.00	£0.00	£0.00	£111.71
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	Donation	Hillside	£ 700.00				£16.28
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Total Dec			£700.00	£0.00	£0.00	£16.28	£0.00
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	Donation	Con Club	£66.00			£16.12	
	Donation	Ann Allen	£20.00		£1.69		

Total Jan			£86.00	£0.00	£1.69	£16.12	£0.00
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	Donation	Mr&Mrs Shuke	£100.00			£16.12	
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Total Feb			£100.00	£0.00	£0.00	£16.12	£0.00
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£5.00

£16.12

Total March	£0.00	£5.00	£0.00	£16.12	£0.00
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£16.12

Total April	£0.00	£0.00	£0.00	£16.12	£0.00
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£16.12

£7.60

Total May	£0.00	£0.00	£7.60	£16.12	£0.00
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£42.00 £16.12

Total June	£0.00	£0.00	£42.00	£16.12	£0.00
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£12.82 £16.12

Total July	£0.00	£0.00	£12.82	£16.12	£0.00
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£16.12

Total August	£0.00	£0.00	£0.00	£16.12	£0.00
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£16.12

Total Sept	£0.00	£0.00	£0.00	£16.12	£0.00
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Yearly Total	£3,340.52	£8.50	£83.89	£161.36	£127.20
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Income	£1,036.00
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All income	£1,230.96
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Payments					Balance
Outings	Workshop supplies	Mobile top up	Website	Maldon CVS	
	£43.75				
	£55.76				
£0.00	£99.51	£0.00	£0.00	£0.00	£ 2,166.24
£0.00	£0.00	£0.00	£0.00	£0.00	£ 2,204.53
£0.00	£0.00	£0.00	£0.00	£0.00	£ 2,888.25
£0.00	£0.00	£0.00	£0.00	£0.00	£2,956.44
	£31.40				
	£35.53				
£0.00	£66.93	£0.00	£0.00	£0.00	£2,973.39

£7.00
£26.15
£58.88

£0.00	£92.03	£0.00	£0.00	£0.00	£2,860.24
£0.00	£0.00	£0.00	£0.00	£0.00	£2,844.12
£0.00	£0.00	£0.00	£0.00	£0.00	£2,820.40
£0.00	£0.00	£0.00	£0.00	£0.00	£2,762.28
	£110.00				
£0.00	£110.00	£0.00	£0.00	£0.00	£2,623.34
£0.00	£0.00	£0.00	£0.00	£0.00	£2,607.22
£0.00	£0.00	£0.00	£0.00	£0.00	£2,591.10

£0.00	£368.47	£0.00	£0.00	£0.00	£2,591.10
				Bank Expenditure	£749.42
				Year end	£2,591.10
				Total expenditure (including petty cash)	£885.02
				Year end + Petty Cash	£2,690.92