

**Charity registration number 1168397 (England and Wales)**

**Company registration number 09913673**

**DEMENTIA CLUB UK**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2024**

# DEMENTIA CLUB UK

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	L Rutter A Parker N Rutter V Chodosh D Longstaff
<b>Charity number (England and Wales)</b>	1168397
<b>Company number</b>	09913673
<b>Principal address</b>	6 Kingswood Close London N20 9PX
<b>Registered office</b>	Churchill House 137-139 Brent Street London NW4 4DJ
<b>Independent examiner</b>	Anthony Epstein FCA Paragon Partners Limited Churchill House 137 - 139 Brent Street London NW4 4DJ

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# DEMENTIA CLUB UK

## CONTENTS

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	<b>Page</b>
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 9

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# DEMENTIA CLUB UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 DECEMBER 2024

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The trustees present their annual report and financial statements for the year ended 31 December 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

#### Objectives and activities

The charity's objects are:

(1) to promote good health and relieve need by: (i) providing support to persons living with dementia, their families and carers, including by providing advice, support and information; (ii) disseminating information and advice to persons living with dementia/alzheimer, their families and carers in order to improve their understanding and to enhance coping strategies; (iii) raising awareness of the symptoms and needs of persons living with dementia/alzheimer in the wider community; (iv) supporting research that includes the impact of gentle movement and exercise in relation to dementia and alzheimer's; and (v) providing experience-based and bespoke training for carers working with persons living with dementia/alzheimer.

(2) to advance the education of the public about dementia and about care and support for people living with dementia, their families and carers.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

#### Achievements and performance

Dementia Club UK continues to grow in reach and impact, with our sessions remaining highly popular and well-attended. In 2024, we expanded our offering through an exciting new partnership with the Over 50s Barnet Walking Football Team. This collaboration has enabled us to run two additional activity sessions each month, bringing the total number of dementia club sessions to eight per month, delivered at various venues across the London Borough of Barnet.

We are proud to be the first organisation in Barnet to establish a Walking Football initiative specifically tailored for people over 50, including those living with dementia. The sessions are held at Copthall Sports Centre and run for two hours in total. The first hour takes place in the sports hall, where participants enjoy a variety of inclusive physical activities and games, all designed to be suitable for everyone including those using wheelchairs. These activities provide valuable physical stimulation, promoting brain health and wellbeing.

The second hour is spent in the Copthall café area, where members can relax and socialise over teas, coffees, and cakes. During this time, we engage participants in light-hearted quizzes, bingo games, and often enjoy live musical entertainment, creating a warm, uplifting environment that supports emotional wellbeing and community bonding.

Our weekly Carers Group Meetings continue to take place every Tuesday evening from 7:00pm to 8:30pm. These sessions are widely recognised and attract referrals from GP surgeries, social prescribers, and carers both within Barnet and nationally often signposted through our dementia training programmes. The meetings offer a supportive and informative environment where carers can share experiences, discuss challenges, and celebrate successes. Guest speakers are regularly invited to offer specialist advice such as legal professionals speaking on Wills and Lasting Power of Attorney, and accountants providing financial guidance. We are grateful to our ongoing partners, Barnet Carers and WALFINCH, for their continued support and collaboration.

Our CPD-certified Dementia Training Programme, delivered in partnership with Barnet Council, remains highly successful. Training sessions are available both online and in-person via Eventbrite and have been delivered to a wide range of stakeholders, including businesses, healthcare organisations, care homes, and individuals. Participants receive formal recognition through our certification process: either as organisations '*Working Towards Becoming Dementia Friendly*', in alignment with the Mayor of London's initiative, or as individuals recognised as Dementia Champions.

# DEMENTIA CLUB UK

## TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

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The training includes a comprehensive module on 'Understanding Dementia & Prevention Strategies', responding to the urgent public health challenge of dementia, now the leading cause of death in the UK. The course explores preventative measures backed by scientific research, addressing associated risks such as type 2 diabetes and stroke, and offering guidance on dietary choices, lifestyle changes, and health-optimising behaviours to reduce risk factors.

We are also pleased to have welcomed a new Trustee to the charity in 2024, a retired doctor, bringing the number of retired medical professionals on our board to two. Both doctors regularly attend our sessions and one continues to offer blood pressure and hearing checks, providing an invaluable on-site health monitoring service for our members.

In addition to our regular activities, we also continue to organise annual outings for members an eagerly anticipated highlight that brings joy, companionship, and a sense of normality for those living with dementia and their carers.

### Financial review

The charity's income is mainly derived from donations and general grants received. The statement of Financial Activities shows a total income of £129,681 (2023 - £46,312) and a net income over expenditure of £72,874 (2023 - £3,757 deficit) for the year.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

### Structure, governance and management

The charity is a company limited by guarantee without share capital use of "Limited" exemption as established by memorandum and articles incorporated on 11 December 2015 as amended by a special resolution registered at companies house on 18 July 2016.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

L Rutter

M Rutter

(Resigned 14 August 2025)

A Parker

N Rutter

V Chodosh

D Longstaff

The Board of Trustees is authorised to appoint new trustees to fill vacancies arising through resignation or death of an existing trustee.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees' report was approved by the Board of Trustees.



L Rutter

Trustee

Dated: 17 September 2025

# DEMENTIA CLUB UK

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DEMENTIA CLUB UK

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I report to the trustees on my examination of the financial statements of Dementia Club UK (the charity) for the year ended 31 December 2024.

### Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



**Anthony Epstein FCA**  
Paragon Partners Limited  
Churchill House  
137 - 139 Brent Street  
London  
NW4 4DJ  
17 September 2025

# DEMENTIA CLUB UK

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	Unrestricted funds 2024 £	Unrestricted funds 2023 £
<b>Income from:</b>			
Donations and legacies	3	129,578	46,216
Investments	4	103	96
<b>Total income</b>		<u>129,681</u>	<u>46,312</u>
<b>Expenditure on:</b>			
Charitable activities	5	46,056	33,709
Other expenditure	7	10,751	16,360
<b>Total expenditure</b>		<u>56,807</u>	<u>50,069</u>
<b>Net income/(expenditure) and movement in funds</b>		72,874	(3,757)
<b>Reconciliation of funds:</b>			
Fund balances at 1 January 2024		<u>57,112</u>	<u>60,869</u>
<b>Fund balances at 31 December 2024</b>		<u>129,986</u>	<u>57,112</u>

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

# DEMENTIA CLUB UK

## BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
<b>Current assets</b>					
Cash at bank and in hand		129,986		57,112	
		<u>129,986</u>		<u>57,112</u>	
<b>Net current assets</b>			129,986		57,112
			<u>129,986</u>		<u>57,112</u>
<b>The funds of the charity</b>					
Unrestricted funds	10	129,986		57,112	
		<u>129,986</u>		<u>57,112</u>	
			129,986		57,112
			<u>129,986</u>		<u>57,112</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2024.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 17 September 2025



L Rutter  
Trustee

Company registration number 09913673 (England and Wales)



# DEMENTIA CLUB UK

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

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### 1 Accounting policies

#### Charity information

Dementia Club UK is a private company limited by guarantee incorporated in England and Wales. The registered office is Churchill House, 137-139 Brent Street, London, NW4 4DJ.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

# DEMENTIA CLUB UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2024

#### 1 Accounting policies

(Continued)

##### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

#### 3 Income from donations and legacies

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations and gifts	121,978	30,252
General grants received	7,600	15,964
	<u>129,578</u>	<u>46,216</u>

# DEMENTIA CLUB UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

### 4 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Income from listed investments	103	96

### 5 Charitable activities

	2024 £	2023 £
Activities and events	46,056	33,709

### 6 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year.

### 7 Support costs

	Unrestricted funds 2024	Total 2023 £
Administrative expenses	10,751	16,360
	10,751	16,360

### 8 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Volunteers	11	11

### 9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

# DEMENTIA CLUB UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2024

#### 10 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	57,112	129,681	(56,807)	129,986
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
Previous year:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
General funds	60,869	46,312	(50,069)	57,112
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>

#### 11 Related party transactions

There were no disclosable related party transactions during the year (2023- none).